

GOBIERNO A INTRODUCI LEY DI BBO NA FRONTERA SIN SA CONSECUENCIANAN



2

3 SEGUN PROME MINISTER WEVER CROES

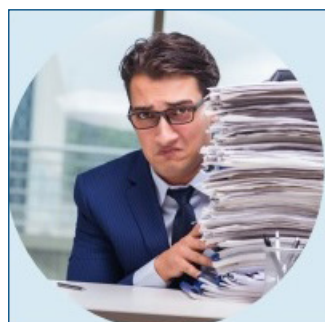
ALEXANDRA VAN HUFFELEN TA DUNA 'ONJUISTE INFORMATIE' NA TWEEDE KAMER

4

REFEREE LUIS BEDOYA TA PERDE BISTA DEN SU WOWO MALTRATA

17

MINISTER ARENDS TA FIRMA MOU CU HULANDA PA FORTALECE SECTOR PRIMARIO DEN HENTER REINO



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Gobierno a introduci ley di BBO na frontera sin sa consecuencianan

No a awo cu sector comercial a bin a cuestionando e decision di Gabinete Wever Croes II cu e decision na luna di Augustus ultimo, esta introduccion di e ley di 7% di BBO na frontera, insistiendo cu esaki lo no bay tin impacto of cambio riba prijsnan di producto of servicio.

Comerciantenan Uni na varios ocasion a mostra riba e situacion cu gobierno a bin ta creando y algun siman atras a confirma cu pa luna di October aki, consumidonan lo bay ripara cambio den prijsnan di productonan, relacion cu e impuesto aki.

Tin comerciantenan cu ya for di luna di September caba a dicidi di aumenta prijs riba varios producto mientras cu algun negoshi a informa clientenan pa medio di publicacion of carta. E siman aki otro compania tambe a informa su clientenan cu pa entrante di prome di November 2023, nan servicio lo aumenta cu 3% riba e suma cu clientenan tin cu paga tur luna pa recogemento di sushi di cas y di compania.

E carta aki di EcoTech cu fecha di 29 di September 2023 ta mostra cu Departamento di Impuesto a anuncia introduccion di e ley nobo di BBO pa loke ta importacion di productonan cu a drenta na vigor caba for di dia 1 di Augustus.

E compania a sigui mostra cu consecuencia di introduccion di e ley aki, lamentablemente ta informa tur cliente cu for di dia 1 di November proximo, EcoTech Aruba NV, lo bay over na introduci un aumento riba prijs pa recogemento di sushi di cas y di comercio, cu 3% riba e recibo di tur luna.

E compania a pidi su clientenan pa tin comprension pa e medida aki y a gradici tur hende pa e confiansa deposita den e



compania cu lo sigui brinda e tremendo servicio cu nan a bin ta haciendo caba.

IMPACTO

Aki ta bolbe keda demostra cu e ponencia di gobierno cu introduccion di BBO na frontera lo no tin efecto riba aumento di costo di bida, no ta un ponencia corecto caminda ta resalta e hecho cu Gabinete Wever Croes II a impone un medida, solamente pa haya mas placa den caha.

Ningun momento nan a pensa of a tuma na consideracion e impacto di introduccion di e ley aki di 7% di BBO, lo afecta principalmente consumidornan ya cu e companianan cu ta enfrenta nan mes cu mas gasto na momento di importacion di productonan, no ta mostra asina facil manera gobierno ta pretende cu nan lo haya e placa aki bek mesora for di gobierno.

Tur cos ta mostra cu e compania EcoTech na momento di importa pieza pa su mashinnan of cualkier otro aspecto tecnico cu ta necesario pa nan maneha desperdicio comercial y di cas, no ta productonan cu nan ta bay bende despues pa haya nan cen bek ya cu e placa aki no ta yega bek den caha di e negoshinan aki.

E situacion ta keda confuso, e ta keda sin claridad mientras cu gobierno desde cu a introduci e medida aki di 7% na frontera, no ta sigui duna claridad y prueba cu en realidad esaki no tin consecuencia ariba cartera di pueblo.

Al contrario na e momentonan aki pueblo ta para mey mey di gobierno y comerciantenan, mirando di un banda pa otro caminda e unico diferencia cu nan tin, ta cu pueblo tin cu saca mas placa.

Segun Prome Minister Wever Croes

Alexandra van Huffelen ta duna 'onjuiste informatie' na Tweede Kamer

A yera den un publicacion na Hulanda, a ser mustra cu "Aruba's Premier Wever Croes: van Huffelen informeert Kamer onjuist" despues cu esaki lo a informa Parlamento Hulandes si man pasa, cu supervision riba maneho presupuestario di Aruba ta "niet deugdelijk."

Segun e publicacion Secretario di Estado van Huffelen kier impone un Rijkswet pa supervision pero tanto Gobierno como Parlamento di Aruba, ta considera esaki como un metemento den autonomia di e pais.

Entre otro Prome Minister Evelyn Wever Croes a mustra den su reaccion cu for di 2015 gobierno Hulandes a impone un supervision cual segun e prome mandatario, ta funcionando bon, mas ainda den su bista ta gobierno na Den Haag ta strobando e proceso pa drecha e supervision financiero aki.

E reaccion aki a bin riba un carta cu van Huffelen a dirigi na Tweede Kamer caminda el a duna informacion incorrecto mustrand cu enfasis, cu e supervision financiero ta "deugdelijk" contrario na ponencia di e secretario di estado demisionario.

Na mes momento den su comunicado di prensa, Premier di Aruba a mustra cu Aruba na e momentonan aki, ta e unico pais den Reino cu tin un surplus den su presupuestonan di 2023 y di 2024 mustrand cu segun evaluacionnan haci pa varios instancia, e tendencia aki cu presupuesto di pais Aruba, lo continua pa futuro cercano.

Na mes momento Wever Croes a mustra cu anto IMF como agencianan di rating manera Fitch y Standard &



Poor's tabata masha positivo mes riba e recuperacion impresionante cu Aruba a pasa aden ultimo añanan, cual tambe tabata opinion di CAft.

Supervision financiero ta legalmente estableci den ley local pero fortalece pa medio di un protocol entre gobierno Hulandes y gobierno di Aruba caminda a keda conclui cu Aruba no por adapta e ley aki, sin consulta previo cu gobierno di Hulanda y sin consentimiento di Consejo di Minister di Reino.

Prome Minister di Aruba a mustra den su comunicado cu na e momentonan aki, su gobierno a entrega un proposicion na Hulanda pa adaptacion di e ley aki pa asina sigui fortalece e normanan presupuestario y te na momento cu gobierno di Hulanda no atende cu e peticion haci pa gabinete Wever Croes II, e ley lo no por wordo adapta.

"Aruba tog tin un supervision financiero aceptabel y solido y ta sumamente importante pa tur hende tin cu tuma decisionnan pa y riba Aruba, nan ta bon informa prome.

Aruba ta considerando actualmente pa fortalece e supervision financiero y un proposicion a wordo entrega luna pasa na gobierno Hulandes pa mescos cu Hulanda, pa Raad van State di Reino, actua como "Independent Fiscal Institution" (IFF) wordo asigna cu e tarea aki.

E proposicion aki ta subraya e intencion di Aruba pa traha den futuro na introduccion di un autoridad independiente pa asuntonan presupuestario, den combinacion cu e 'begrotingskamer' manera for di 2015 a keda palabra entre Hulanda y Aruba," Prome Minister Evelyn Wever Croes a declara.



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Referee Luis Bedoya ta perde bista den su wowo maltrata

AWEMainta a ricibi informacion cu referee Luis Bedoya kende a wordo maltrata seriamente durante un torneo di futbol pa muchanan di LIFIDA, lo perde su bista den e wowo drechi aki.

E impacto dor di e golpi c'un obheto duro den su wowo, a pone cu Bedoya a sufri loke dokter a constata, un explosion cu a daña gran parti di e capacidad di e wowo pa no bisa den su totalidad.

E mesun diasabra ultimo, e referee a wordo trata na dr Horacio Oduber Hospital caminda mesun anochi a opera e wowo pa mira su ta scapa esaki ainda mirando seriedad di e golpi ricibi.

Tabatin hopi temor cu sr Bedoya lo por a sufri daño permanente den e wowo ya cu testigonan na tereno a informa AWEMainta cu practicamente e wowo a salo for di su cashi asina despues di e golpi ricibi for di e agresion di e coach N. Jansen.

Pues especialista di wowo no ta mucho optimista cu e referee lo recupera e capacidad di bista den e wowo afecta y tin cu mira si tratamiento den exterior lo por yuda den su situacion pero ainda no tin confirmacion riba esaki.

Mientras tanto ainda no tin un acuerdo entre e comision di refereenan y directiva di AVB, pa loke a siguridad di refereenan na tereno di wegá pero si por a compronde cu no ta cuater punto di exigencia refereenan lo a pone como condicion pa nan sigui dirigi weganen di campeonato di AVB pero en total tabata seis punto di exigencia. Un cos ta segura cu e fin di siman aki lo no tin ningun wegá den ningun division ya cu ainda no a yega na un consenso riba loke tin cu pasa y ki medidanan AVB lo por tuma pa segura siguridad di refereenan.

No ta tur punto cu e comision di referee a presenta na directiva di AVB ta factibel ya cu tin di e exigencianan aki cu directiva na e momentonan aki no por impone ya cu ta reglanan cu tin cu wordo cambia dor di un reunion general di tur organisacion miembro.

PUNTONAN

Manera ya a ser musta tin di e puntonan cu no ta factibel ya cu nan no ta den man di directiva na e momentonan aki pero ta e propio clubnan tin cu dicidi riba esakinan.

Punto: 1) Ningun referee lo actua te ora cu bin un solucion satisfactorio pa e referenan.

(Red.) Esaki ta un punto cu por ser interpreta como un tipo di menasa y cu e comision di refereenan, NO tin e poder aki pa dicidi riba nan mes si e campeonato ta sigui of no. Nan ta traha pa AVB y nan ta wordo paga dor di AVB.

Punto: 2) Si tin menasa, insulto, agresion of cualkier situacion di incomodidad c'un referee of otro oficial di e cuerpo aki, pa loke ta nan siguridad, refereenan lo suspende e wegá de inmediato y traha un rapport riba loke a tuma luga.

(RED.) Un punto cu ta factibel pero ta dificil pa cualkier federacion na mundo, pa pone un poder asina den e comision di referee ya cu cualkier situacion na referee su combeniencia e ta dicidi di para e wegá. Ta algo cu e refereenan tin cu atende cu e miembro di directiva di AVB pa e wegá, pa mira si tin motibo valido pa tuma un decision asina drastico.

Punto: 3) Mester mehora siguridad na stadion den e sentido cu mester bin siguridad den forma di extra personal pa vigila y pa drenta pa intermedia mesora na momento cu surgi un situacion di conflicto surgi.



Punto: 4) Mester cuminsa educa tur club riba reglanan di conducta di dirigenten, coachnan, hungadonan, fanaticonan y tur otro pa un comportacion na weganen y consecuencianan di mal comportacion.

(RED.) Te reglanan cu ta stipula caba pero loke AVB tin cu cuminsa impone castigonan cu ta realmente castigo y no un castigo cu ta musta riba un caricia cu un castigo!

Punto: 5) Carchi pa hungadonan mester cuminsa haya un sancion monetario, por ehempel 50 florin a un carchi geel pero depende di con e carchi a ser duna y tambe pa carchi cora pone un multa di 100 florin hunto cu e suspension.

Punto: 6) Den reglanan di AVB, subi e castigo den caso di maltrato contra un otro hungado pero tambe contra oficialnan cu ta dirigi un wegá, pa un suspension pa bida largo. Un hende cu ta actua di e forma violento durante di un wegá di futbol, no tin nada di busca den e deporta aki, loke lo laga tanto hungado- como lidernan pensa dos bes prome cu nan actua den un forma asina descabeya.

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Algun observacion pa refleha'riba

Dia 4 di October ultimo, tabata Dia di Bestia, recordando tambe Dia di San Francisco de Asis. Loke a hala atencion tabata con na misa Cristo Rey na Brazil un cantidad di hende a presenta cu nan mascota na misa pa haya bendicion. Ki locura esey ta? Pronto lo tin tambe bautismo di tur mascota na Misa. Unda a sali cu e locuranan aki?

Algun dia pasa, SETAR a hay'e cu fayó, loke por sosode na tur compaña. Pero loke nos a haci ta, cu ta manera SETAR t'e victima. SETAR tambe tin su practicanan abusivo. Un simpel, pa bo haya internet via cable ta existi pa tuma un paquete di Cable TV. Mayoria hende no ta ni wak cable TV mas, tur hende tin y ta uza smart TV y wak Netflix, Amazon Prime, etc. Mi punto ta, bo ta brinda un servicio, cobra bon pe y ora cos bay malo asumi bo responsabilidad. Abo a scoge e supplier, no ta cu bo mester a uze. Ora cos bay malo ta nifica cu bo no tabatin un backup plan, bo fout. Mester tin redundancy built in TUR sistema critico. No bin bisa cu ta fuera di nos alcance, kier pretende como victima.

Mescos WEB, cada bes cu tin interrupcion no ta na culpa, p'esey nunca e lo drecha si nan no tuma responsabilidad pa nan accionnan. Tur sistema cu nan tin pa absorba problema y evita cu tin black out no ta traha cu 100% efficiency. Mas bien 30%, y no ta bo culpa? Ta ken a cumpra e siste-

ma anto, ken a design'e? Di con tin black-out di 6 pa 7 ora. Nos ta tapa mucho koud met de mantel der liefde. Nos prome paso mester ta di pone hende(nan) aansprakelijk, bien sea WEB, Elmar of Setar.

Imagina cu Internet cay pa 24 ora riba Aruba? No solamente Mobile Data sino Internet completo. Imagina e desaster pa nos isla. Internet ya no ta un luho. E ta primordial ki redundancy SETAR tin build in? Tur trafico economico awendia ta via internet vooral ATM. Mi no kier ni pensa e daño n'e sociedad di Aruba. Lo ta na su luga pa puntra SETAR y puntra kico tin na su luga. Internet ta bin via cable den fondo di lama, pero tin un back up via satellite si a caso algo sosode cu e cable?

Aunke e no mester bin cu e maintenance plan, esey ta toca n'e departamentonan concerni, e "final responsibility" ta keda na dje pa implemente. Pero manera ta birando e "nieuwe normaal" rond di mundo, niun hende mas ta asumi responsabilidad y ta tuma posicion di "wrong but strong". Lamentabel e fundeshinan di nos sociedad ta biniendo abao y nos como maatschappij lo basha den otro.

Un otro fundeshi ta honestidad den bida, gañamento a bira cos normal y hasta ta papia di "alternative facts" p'asina hustifica kico nan ta kere cu t'e berdad. Hende mes ta wired pa autodestruccion ta parce. Mi ta wak futuro scur pa humanidad. Tabata na nos pa educa e generacion nobo, pero nos a fracasa den esey, un berdad duro pero realistico. I just hope I am wrong...



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E diferencia den Noticia

Minister Glenbert Croes:

Compania Arubano di Petroleo a firma un MoU cu e compania Armstrong Oil and Gas Inc.

Durante conferencia di prensa di Gobierno di Aruba, Minister di Energia Glenbert Croes a elabora riba e compania Armstrong Oil and Gas Inc., cu a firma e MOU cu e compania Arubano di Petroleo. Armstrong ta un compania priva cu ta basa na Denver, Colorado y ta specialisa den explora petroleo y gas. Un total di 2.5 biyon di bari di petroleo, a wordo descubri pa Armstrong Oil and Gas Inc, na e campo Pikka situa na Alaska. Otro luganan na unda e compania aki a explora den Merca, ta na Alaska, North Dakota, Louisiana, California, Michigan, Wyoming, Texas y Utah.

Minister Croes a splica cu e meta di e MOU ta pa evalua e potencial di hydropetrocarburos den area maritimo di Aruba. Ya a cuminsa cu e transicion di energia, na unda Gobierno ta invertiendo den energia renobabel cu proyectonan di Eagle LNG, Acciona Energia, expansion di Parke di molina di biento na Rincon, y lo bin mas parke solar. Ta importante pa enfatisa cu tanten cu energia renobabel no por suministra 100% di e

demanda, fossil fuels ta keda necesario ainda.

E ta sigur un bon noticia pa Aruba, cu un biaha mas tin un compania interesa pa explora e posibilidad di adkiri hydropetrocarburos den e area maritimo. Actualmente, cu e MOU firma, Armstrong lo sinta cu Arubano Petroleo pa analisa y identifica e areanan na unda lo por cuminsa explora, y unabes e areanan aki ta identifica, lo cuminsa bora na Januari 2024.

“Como Minister di Energia, mi ta sumamente contento cu compania Arubano Petroleo y Armstrong International a yega na un acuerdo pa cuminsa cana e caminda pa studia e posibilidadnan pa explora gas of petroleo den e areanan di Aruba. Mirando e calidad, capacidad, y integridad di e compania Armstrong, Aruba ta keda positivo cu e biaha aki nos lo logra, y cu e rikesa di e logro aki bay pa henter comunidad, cambiando asina positivamente, e destino di pais Aruba” Minister Croes a expresa.

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Homber a hera perde su bida despues cu e la pega ariba un sandwich

Diaranson den careda di 8'or di anochi, un persona masculino cu tabata comiendo un simpel pan cu hotdog, pa un of otro motibo a pega cu esaki y a cuminsa perde rosea. E homber m lo a wordo haya benta riba vloer ta scuma.

Mesora e habitantenan di e cas a bati alarma. Hopi lihe ambulance y polis a presenta na e cas. Personal di ambulance a nota cu su pulso lo tabata hopi zwak y a cuminsa dune re animacion.

Dos patruya di polis tambe a presenta pa tuma nota di kico tabata sucediendo. Despues di basta rato haciendo nan maximo esfuerso e paramediconan a logra estabilisa e situacion di e cabayero, mesora e la wordo transporta cu urgencia pa hospital.



Esteban Maduro(81) a bira e 7 morto den trafico na Aruba



Diaranson anochi den careda di 9'or pasa unidad policial y tambe ambulance a bay dilanti Shahai Take Away, unda auto a alcanza un persona. Esnan cu a yega prome ya por a nota cu e peaton ta gravemente herida. Paramediconan na yegada, ya no por a mucho mas y a pidi pa Dokter.

Testigo

Na e sitio nos a papia cu esnan cu a mira locual a sosode. Segun nan version, e homber lo a bay pa crusa y lo no a mira e Suzuki Swift color shinishi biniendo di nort.

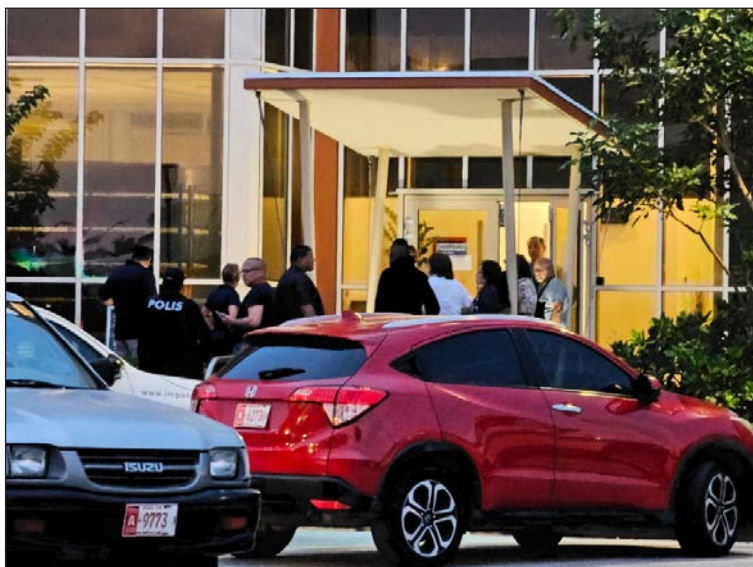
“E impacto a zona manera klapchi” e testigo a bisa nos. E auto mes a sigui core y bay para meternan leu di unda e la dal e peaton.

Siguientemente relato di Vocero di polis Sr. Laclé

“9.09 di anochi central di polis ta wordo notifica cu tin un accident caminda auto lo a dal un peaton na altura di Shahai Take Away. Ta despacha patruya policial, bombero y ambulance cu maximo urgencia na e sitio di accidente.

Na yegada di patruya por a constata cu e peaton no ta duna señal di bida. Pa 9.45or di anochi dokter Scholten ta constata morto di Esteban Maduro, naci na Aruba 2 januari 1942. A pidi especialista di trafico como tambe polis tecnico na e sitio pa haci nan investigacion. Cuerpo Policial Aruba ta manda palabra di condolencia na famia di e fayecido”.

A pensa cu departamento di impuesto tawata na candela



Diaranson atardi laat por a mira Brandweer y Polis na e edificio di belasting na Camacuri. Ariba e parkeerplaats por a mira un grupo di locual ta mustra ta algun empleado. E motibo tawata cu e esnan cu lo a keda traha laat lo a mira acumulacion di huma; y mesora a bati alarma cu tin candela.

Segun nos a compronde esaki tawata na e di tres piso. Bomberonan cu a yega mesora a bay controla di un e huma tawata bin. A resulta cu un ballast di un luz tawata a dañá y esaki lo tawata e causa di huma. Brandweer a instrui esnan responsabel kico nan mester haci, esta habri mas bentana y porta posibel pa e huma por sali.

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Diasabra ultimo a tuma lugha e prome 5K Run & Walk di Centro di Bario Piedra Plat cu a wordo organisa cu sosten di CEDE Aruba y cu bon guia di IBISA Aruba. E Run & Walk 5K tawata tin como meta pa trece e bario di Piedra Plat hunto pa un atardi di actividad pa henter famia, y tambe encurasha canado y corendonan di competencia pa sigi move y participa den e caminata di 5K cu a pasa den areanan di Piedra Plat, Bloemond, Tamarijn y Sero Pita.

Un team di boluntario chikito a bin hunto pa C.B. Piedra Plat y a pone na pia un actividad grandi pa e bario despues di hopi tempo. Reflexionando na loke tabata e actividad aki, e team ta sumamente contento cu e reaccion di pueblo y pa a mira e registracion di participantenan cu a participa den e Run & Walk 5K.

E tawata un evento cu a duna e team diferente perspectiva y tambe ta wak puntonan di mehoracion como organisacion. Y cu esey, e team ta contento di por a ricibi varios compliment di cual cada miembro cu ta forma parti di e comision, ta orguyoso di dje.

Nos kier a comparti un tiki di kico a tuma lugha Diasabra atardi den Centro di Bario Piedra Plat.

Pa loke ta resultado di e caminata, mester bisa cu a haci un eror den e resultado door di diferencia di edad. Pues e resultadonan ta lo siguiente.

Categoria Masculino

1st place male: Christiaan Jansen
2nd place male: Richard Sotelo
3rd place male: Alrric Kock

Categoria Femenino

1st place female: Evie Adele Leonardo
2nd place female: Hannah Kamminga
3rd place female: Sharon Duijn
4th place female: Aaliyah Faruup

Mucha: Liomar Da Costa

E team di C.B. Piedra Plat kier a gradici tur partner y sponsornan cu a yuda haci e actividad aki posibel aportando cu premionan pa e participantenan.

- OPUS Restaurant - Gift Voucher.
- Salty Local - Gift Voucher.
- Salty Local - Gift Voucher.
- Texas de Brazil - Dinner for Two.
- Double Down - Dinner for Two.
- Jolly Pirates - Gift Voucher.
- Jolly Pirates - Gift Voucher.
- Garden Vibes - Sport Massage.
- Pelican Adventures - Gift Voucher.
- Lux Villas - Weekend stay.
- Giannis Group - Gift Voucher.
- Amsterdam Manor - Weekend Stay.
- El Faro Blanco - Gift Voucher.
- La Cabana - Weekend Stay.
- Coco's Restaurant - Dinner for Two.
- Ling & Sons - Gift Voucher.

Tambe e organisacion kier a disculpa su mes cu esnan di Milliard Academy, AVANSE Gymnastic, Tiger Tae-kwondo Academy y Brazilian Jiu Jitsu cu pa motibonan fuera di e alcanse di e team, no por a duna nan presentacion despues di caminata.

Banda di esey nos kier a gradici Kini Kini Transfer, Miniteca Genie, CEDE Aruba, IBISA Aruba, Powerade, DOW y miembronan di prensa cu a contribui na e evento akinan.

Nos ta invita e pueblo pa keda pendiente pa nos siguiente actividad pa Centro di Bario Piedra Plat y bisindario.



Coaching Clinic 2023:

USA Baseball lo ta na Aruba diana 14 & 15 di october

E di dos coaching clinic den colaboracion cu USA Baseball lo tuma luga diana 14 y 15 di october proximo. Lo tin tres (3) coach di e USA Baseball coaching staff presente pa duna e training y comparti nan experiencia, y conocimiento riba e deporte di baseball.

E programa lo cuminsa oficialmente ariba diasabra, 14 di october unda lo tin e Coaching Session 1 (theoretico) di 12 - 5pm na Universidad di Aruba y ariba diadomingo, 15 di october, lo tin e Coaching Session 2 (practico) di 9am - 3pm na veld. Tin un maximo cantidad di 80-coach cu por inscribi pa e session. E suma pa participacion ta Afl.50, esaki lo yuda cubri gasto y ta inclui, dos coaching session (Diasabra & Diadomingo), cos di bebe (awa y gatorade), cookies (diasabra), y un light lunch (diadomingo) pa tur participante. Managernan, coachnan y dirigentenan ta keda cordialmente invita pa registra online na <https://bit.ly/coachclinic2023>

E motibo principal di organisa e evento aki atrobe ta pa amplia e conocimiento di coachnan na Aruba, cu kier sigui prepara nan mes miho y a cambio prepara e hungadonan. Den 2022, e clinica a conta cu e maximo cantidad di participante, basa ariba e feedback di e coachnan a percura pa haci algun cambio na e contenido di e programa tur na beneficio di baseball na Aruba. Ademá, ora di inscribi participantenan por duna input di e area cu nan kier focus ariba dje, pa asina por personalisa e clinic mas aun. Sigur un

oportunidad unico pa tur presente.

Baseball na Aruba ta un mundo di boluntario cu tin amor y dedicacion pa e deporte, si nos por sigui combina e pasion y boluntad cu e sed pa conocimiento y mehoracion sigur nos lo mira un desaroyo positivo pa e deporte di baseball na Aruba.

E participantenan por prepara pa dos (2) dia intenso cu coachnan Drew Briese, Steve Butler y Andrew Bartman. Cada un cu nan area di exper-ticio pa asina contribui na haci e clinic aki uno exitoso. Un danki na Sport Subsidie pa a kere den y aporta financieramente na e clinic aki cu ayudo di boluntarionan den baseball na Aruba.

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Lider di Fraccion di AVP, mr. Mike Eman:

Presupuesto 2024 ta negligisha costo di bida y costo pa haci comercio

“Nos ta hopi preocupa cu e presupuesto di Gobierno di Aruba pa aña 2024. Gabinete Wever-Croes ta gaba cu nan a presenta e presupuesto cu supuesto surplus, pero pa pueblo e contenido di e presupuesto no ta duna motibo pa celebra”, e lider di Fraccion di AVP, mr. Mike Eman ta expresa. No tin ningun perspectiva positivo den e presupuesto cu ta duna pueblo y comercio alivio pa nan sufrimento. Den e cuadro aki Fraccion di AVP a scrutina e presupuesto di Gobierno di Aruba pa aña 2024 extensivamente y a manda mas cu 700 pregunta relaciona cu e presupuesto 2024 pa Gobierno di Aruba, mr. Mike Eman a expresa.

NEGLIGENCIA DI PERDIDA DI PODER DI COMPRA

Locual cu a resalta ta e hecho cu Gabinete Wever-Croes a scoge pa no reserva placa pa asina duna un compensacion pa perdida di poder di compra na empleadonan nan publico of di Fundacionnan, pensionadonan, esnan cu ta cobra un salario minimo of esnan ariba bijstand. Fraccion di AVP ta subraya cu esaki ta ilustra e prioridadnan robes di Gobierno di Aruba (MEP/RAIZ) y e negligencia pa cu e deterioro social-economico di pais Aruba. Gobierno di Aruba (MEP/RAIZ) no a reserva ni un florin pa asina duna indexering na empleado nan publico of pa aumento reparatietoeslag pa esnan riba salario minimo of pensionado nan. Gabinete Wever Croes no tin ningun intencion pa compensa e perdida grave di poder di compra di nos ciudadanonan y tampoco duna un alivio den e costo pa haci comercio.

MEDIDANAN A STRANGULA PUEBLO

Nos ciudadanonan a wak na poder di compra bay atras na un manera abusivo bao di e maneho di Gabinete Wever-Croes. Na Januari a aumento BBO pa 7%. Esaki no tabata suficiente



na Augustus a introduci un “BBO na frontera di 7%” ariba tur producto y servicio. Inicialmente Gabinete Wever-Croes a rebobla BBO di 3% pa 6% y un a pone BBO riba un cantidad di servicio cu no tabata paga BBO anteriormente. Ya na 2018 y 2019 a mira un inflacion grandi cu esaki. Tur esaki den combinacion cu aumento drastico di awa y coriente y tambe prijs di gasolin cu ta tin un impacto hopi grandi den cartera di nos ciudadanonan. Ainda nos empleadonan publico no a ricibi compensacion pa perdido financiero cu nan sufri pa motibo di recorte di salario den cu Gobierno di Aruba (MEP/RAIZ) a impone. Bou di e maneho di e Gobierno aki nos ciudadanonan den sector publico y priva a perde mas cu 25% na poder di compra y ta biba awe bou di circunstancianan hopi preocupante.

AUMENTO BARBARO DI COSTO PA HACI COMERCIO

Tur e medidanan di Gabinete Wever-Croes a afecta tambe comercio di Aruba. E costo pa haci comercio a subi dramaticamente. “Tur e aumentonan di BBO y introduccion di BBO na frontera ta dal comercio duro tambe. Comercio tambe tin cu paga e aumento barbaro di awa y coriente. Hopi costo comercio

mester absorba, pasobra simplemente e consumidor no por paga prijsnan mas halto cu nan poder di compra mes a keda destrosa dor di Gabinete Wever Croes”, mr. Mike Eman ta splica. Den Presupuesto 2024 tampoco nos por mira ningun iniciativa pa duna comercio un alivio, Eman ta accentua.

UNDA E PLACA TA BAY ?

Mientras cu pueblo y comercio ta sufri e ta remarcabel pa constata cu Raad van Advies ta puntra con Gabinete Wever Croes por ranca 15 miyon na dividendo di WEB y ELMAR mientras nos comunidad ta paga prijsnan abusivo tur luna. Sin ningun tipo di escrupulo por mira cu Gobernantenan di MEP y RAIZ ta keda biba den luho, mientras pueblo ta sufri. Gabinete Wever Croes a ricibi desde di 2018 cu tur e medidanan un total di mas cu 1.5 Bion florin extra den caha di Gobierno sin cu nos por mira un inversion, un proyecto of sikiera un iniciativa cu ta beneficia nos comunidad of nos ciudadanonan. “Asina mes Gabinete Wever Croes ta presenta un presupuesto 2024 sin inversion, sin compensacion pa e perdida di poder di compra y tampoco cualkier compensacion, alivio of reduccion den costo pa haci comercio” e Lider di Fraccion di AVP, mr. Mike Eman ta enfatisa.



9 FOR DI 10 CLIENTE TA RECOMENDA DIGICEL NA FAMIA Y AMIGO

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Digicel

Miho Conecta

Source Coyne brand health survey
August 2023, Aruba



Boshi Detayes Nobo Di Modern Warfare 3

Armanan

Modern Warfare 3 lo ofrece mas cu 30 diferente tipo di arma nobo incluyendo e ACR assault rifle di Modern Warfare 2 y e Renetti pistol di Modern Warfare (2019). Cada un di e scopet nan aki lo tin su mesun mastery camos cu bo por unlock durante wega. Tambe a wordo anuncia cu bo por trece tur bo armanan, operator skins y mayoria di e cosmetics di Modern Warfare 2 den e wega nobo.

Gunsmith

E Gunsmith di weganan anterior di Call of Duty t'ey bek lagando bo modifica bo armanan cu diferente attachments y weapon tuning. E biaha aki bo por modifica bo armanan mas ainda incluyendo cada un di e attachments nan. Tambe bo por unlock aftermarket parts pa asina duna bo mas opcion pa modifica bo arma.

Introduciendo Aftermarket Parts

Aftermarket Parts den Call of Duty ta piezanan distinto cu lo ta diferente cu e attachments nan normal. E piezanan aki lo trece cambianan significante den bo arma su funcionalidad mane e rate of fire, fire mechanism y tambe tipo di bala di candela. Esaki lo por trece cambianan grandi di con bo arma ta sinti y traha den e wega.

ZOMBIES X DMZ

Modern Warfare 3 lo introduci un large scale extraction gameplay cu Zombies enbes di e round base cu ta e manera tradicional.

Esaki ta bay ta un mapa grandi un bo por participa den un mix di DMZ extraction mode y Zombies cu por wordo hunga bo so of cu un squad den e PVE game mode aki. Cada match lo por tin te cu ocho squads total y cada squads lo por tin te cu 3 players. Como squads bo por join otro squads y combati e zombies nan hunto. Pero si bo kier djis mata zombies, e orey bo por dreña den un match y haci esaki trankil, of bo por hunga e Dark Eather story missions.

E developer a menciona tambe cu e mode aki lo tin mas zombies cu nunca den un mapa incluyendo special zombies



mane e Abomination y un peliger humano nombra como e Terminus Outcomes PMC.

Otro cosnan di Zombies mane e mystery box, perk machine, Pack-A-Punch tambe lo ta bek incluyendo un wonder weapon nobo cu yama The Scorchers. E Scorchers por word uza pa mata zombies of como un tool pa boost up e manera cu bo ta nabega den e mapa. Mane Modern Warfare 2 DMZ, akinan tambe bo por ekipa bo mes cu perks, Pack-A-Punched weapons y otro ekipo pa exfil for di e mapa pa asina despues uza nan atrobe ora bo dreña den un wega nobo di zombies, esaki ta inclui scopetnan unico mane e Ray Gun.

Exclusividad di PlayStation

Activision a anuncia cu ta bay tin contenido exclusivo pa hungadonan di Modern Warfare 3 riba PlayStation. Esaki ta e Lockpick Operator Pack cual ta bay ta un operator nobo den e wega cu yama Elodie Micheaux alias Lockpick. E bundle ta obtenibel pa pre-order y lo ofrece un melee weapon cu yama Starry Knife y un SMG cu yama American Goth, si bo pre-order bo lo por haci uzo de dje dia e wega sali dia 10 di november. E exclusividad aki lo termina dia 9 di november 2024.

Mester nota si cu maske Sony ta pagando Activision pa e Exclusividad pa PlayStation, tin chens cu e cooperacion aki lo yega na un final, ya cu Microsoft ta cumprando Activision Blizzard cu ta inclui e IP di Call of Duty completo. Esaki lo



duna e posibilidad cu den futuro Call of Duty lo bira obtenibel den e Xbox Game Pass. A wordo confirma si cu maske Microsoft cumpra Activision, e weganan di Call of Duty lo keda lansa normal riba PlayStation pa e siguiente decada.

BETA DI MODERN WARFARE III TA CUMINSA AWE!

Si bo a pre-order e wega di Call of Duty: Modern Warfare III, e ore bo por cuminsa hunga e BETA desde awe caba, si bo no a Pre-Order e ore bo por cuminsa hunga desde dia 8 di october te cu dia 10.

Siguiente BETA cual ta e Crossplay BETA ta cuminsa dia 12 pa Early Access Players riba XBOX y PC tambe pa tur players riba PlayStation. Dia 14 di october e lo ta obtenibel pa tur platform y lo termina dia 16 di october.

Si bo mester Wallet Funds pa pre-order e wega di Call of Duty of cumpra cualkier wega riba Xbox, PlayStation, Nintendo of Steam, haci esaki facilmente riba www.egamecorner.com. Cumpra bo gift card online paga cu cash on delivery. Of paga online via bank transfer of Pay.AW y ricibi bo code dentro online di 1 ora despues cu confirma bo pago.



Coyne Brand Health Survey a realiza encuesta na Aruba:

Estudionan ta revela cu 9 for di 10 cliente ta recomenda Digicel na amigonan y famia

Na Digicel nos ta kere cu un conexion confiabel ta masha importante y den e era digital cu nos ta bibando, ta esencial pa cumpli cu demanda di cliente. Tur cliente tin un motibo pa cual nan ta recomenda Digicel na un amigo of familiar. Digicel ta e proveedor cu ta 'fit' tur estilo di bida. Sin importa cu bo ta un ama di cas, tata di famia, pensionado, estudiante of empresario- na Digicel nos ta compromete na un conexion solido y lihe. "Nuebe for di dies cliente ta recomienda Digicel na su amigonan of famia- esaki ta resultado di estudionan realiza den nos mercado dor di Coyne Research. Un estudio independiente cu ta midi e visibilidad di marca den mercado. "Nos ta masha contento cu clientenan ta vocifera cu Digicel ta nan prome opcion y cu nan ta encanta nos servicio na cliente." Esaki di acuerdo cu Nadine van der Woude, Marketing Manager di Digicel ABC.

"Nos ta realiza e tipo di estudio aki 1 bes pa aña den tur 27 mercado di Digicel pa nos sigura cu clientenan ta satisfecho. Ademá di esey, e ta siña nos conoce e clientenan,

kico ta nan necesidad y con pa mehora nos servicio. Pa dos aña consecutivo nos a keda clasifica riba e standard di industria y nos ta comprometi pa mantene esaki na beneficio di nos clientenan".

E encuesta di Coyne ta basa riba midi satisfaccion di cliente, percepcion di balor di marca, y animo general di e marca entre usuario, y no-usuarionan. E encuesta cuantitativo a keda reparti den 3 tanda, durante 1 trimester. Clientenan ta confirma cu Digicel tin e miho servicio y e conexion reliable na Aruba. Durante di e ultimo añanan Digicel a dirigi hopi esfuerzo na crea paketenan atractivo pa tur hende y pa tur presupuesto. E servicio di Digicel ta conta cu favorabilidad di 88% cerca cliente, esaki ta nifica 9 den 10 cliente ta bisa nan ta "satisfecho" of "hopi satisfecho" cu Digicel.

Van der Woude, di Digicel ta comenta, "Nos ta posiciona di un manera unico pa innova den henter e spectrum di solucionnan digital awe den presente, pa crea avance y progreso pa futuro. Nos ta sigui combina esfuerzo di nos team local, cu tecnologia pa crea conexionnan solido. Clientenan ta inclina pa recomenda Digicel como nan proveedor favorito door di nos servicio excelente na nos cliente. Pa esaki nos ta masha agradecido. Nos enfoca riba solucionnan innovativo ta permiti nos desaroya y alcanza nivelnan halto den henter e spectrum di telecomunicacion y solucionnan digital."

Tocante Coyne Research:

Coyne Research ta un agencia renombra y premia pa nan investigacion y encuesta den mercado. Coyne tin un reputacion solido pa encuestanan di calidad halto y independiente. Coyne ta dirigi y ta reporta detayadamente comportacion di e consumidor. Su team ta experiencia den estudionan cuantitativo, esaki ta inclui online, entrevistanan via telefon, testnan di producto, 'mystery shopping' y mas. Semper ta mantene metodonan moderno cu ta agrega balor na cualke proyecto. Ademá di esey, ta midi satisfaccion di cliente, testnan creativo, revision di marca, identidad di marca, posicionamento di producto, y actitud di cliente. Pa Caribe, ta uza e sistema Omnibus pa yega na un muestra grandi di consumo cu por representa tur nivel di e sociedad. E muestra total ta representativo na e poblacion nacional cu un cota estableci den termino di edad, genero, nivel social y region (barrio) di manera cu ta garantiza cu e ta representa e poblacion di Aruba.



Minister Arends ta Firma MOU cu Hulanda pa Fortalece Sector Primario den Henter Reino



Diahuebs 5 di october, Minister Arends a firma un MOU hunto cu Minister di Naturalesa y Nitrogeno di Hulanda Sra. Christianne van der Wal pa fortalece e colaboracion entre paisnan di reino den area di recursonan natural.

E MOU aki ta establece asistencia mutuo, colaboracion y consultacion den Reino y asina promove e comparticion di conocimiento, rednan di contacto y experticio ariba:

1. E proteccion, maneho, utilizacion di recursonan natural.
2. Fortalecimiento di seguridad di alimentacion dor di desarojo sostenibel di agricultura y pesca.
3. Participacion den, y implementacion efectivo di, tratadonan internacional relevante.

Minister Arends ta premira cu e fortalecimiento nobo aki entre paisnan di reino lo tin un impacto positivo ariba nos sector primario y e bienestar di nos recursonan natural. Pues cada pais den nos reino lo por siña y beneficia su mes di otro.

E MOU aki lo wordo presenta na e conferencianan di Convencion di Cartagena cu ta tumando luga riba nos isla e siman aki. E Convencion di Cartagena ta un tratado internacional cu ta destina pa protege y preserva e medio ambiente marino y costal den e region di Caribe.



Minister Thijsen na recepcion “Day of German Unity”



Den Haag – Minister Plenipotenciario mr. Ady Thijsen tabata presente ayera 5 di October na un recepcion di e embahador di Alemania na Hulanda dr. Cyrill Jean Nunn. E recepcion na e residencia di embahador Nunn ta pa conmemora cu 33 aña pasa - despues di e caida di e muraya di Berlin - Alemania Oriental (DDR) y Alemania Occidental (BRD) a uni nan mes como un pais. Na e ocasion aki emba-



hador Nunn a laga Minister Thijsen cera conoci cu e Prome Minister di e estado Thüringen Bodo Ramelow cu tabata e invitado special na e recepcion aki.

Minister Thijsen a felicita embahador Nunn den nomber di Gobierno di Aruba cu e hecho aki y a bolbe enfatisa e bon relacion entre Alemania y Aruba.

Durante di e recepcion Minister Thijsen a topa y papia cu diferente embahadornan, entre nan Giorgio Novello di Italia y dr. Greg French di Australia.

Potretnan cortesia di Arubahuis



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Diabierna pa 12or y mey

One Day Sale di concierto 'La Gira' Romeo Santos

Fanaticonan di e rey di bachata Romeo Santos ta hopi entusiasma pa 12'or di merdia diabierna awor pa e 'One Day Sale' pa e concierto cu lo tuma luga proximamente. Ta papia aki di 'La Gira' cu lo tuma luga na Aruba diasabra 9 di December 2023 den Harbor Arena. Solamente diabierna for di 12or di merdia lo tin un prijs special pa e seccion di general y tambe 'standing vip'. E prijs special pa general lo ta solamente 100 florin y standing vip 275 florin. Hopi ta esnan cu a a pidi algun ora liber na trabou of a cambia nan orario di trabou pa asina por ta para trempa den rij pa compra nan carchi na prijs special. E benta aki lo tuma luga exclusivamente na e 'Pop Up Store' situa abou di The Venue den Weststraat. The Venue ta keda dilanti di Harbor Town Condo's den weststraat. Mester menciona cu e cantidad di tickets ta limitada y asina cu nan caba, lo 'switch' over pa 'early bird'. Mester menciona cu na hermana isla Corsou tambe lo tin e one day sale aki y e expectativa pa esaki caba hopi lihe ta grandi. Despues di e one day sale e carchinan lo ta disponibel tambe via website www.eliteempire.events

Romeo Santos ta un produccion di Elite Empire Entertainment bou maneho di empresario Krish Mahtani. E concierto ta conta cu sosten di Aruba Tourism Authority, Tropicall Bottling Company/Balashi y Wendy's.



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Minister Ursell Arends:

Ta un Aruba nos tin pa tene limpi

Aruba ta un isla di mas cu 107 mil habitante y segun datos nos Turismo ta creciendo tambe cual ta nifica mas bishitante. Mas bishitante claramente ta nifica mas desperdicio. Ora ta papia di e rol cu cada un di nos tin pa responsabilisa nos mes pa nos sushi, nos tur por ta di acuerdo cu esaki ta conta pa nos bishitantenan tambe.

Alegacionnan reciente ta purba hiba e narrativa cu Gobierno di Aruba ta uzando fondonan di Aruba Tourism Authority (A.T.A.) pa campaña di desperdicio di Gobierno. Esaki ta un declaracion peligroso mirando cu e no ta basa riba realidad y tambe por identifica e agenda politico cu ta purbando di hiba.

Pa tur esnan cu a sigui e conferencia di prensa y a lesa e articulo por mira cu ta papia di dos diferente campaña. A.T.A. su campaña ta “Aruba Limpi”, parti di nan iniciativanan cu nan a bin ta tuma di hopi tempo y awo ta expande pa barinan di separacion rond di nos isla, cu enfoca riba luganan cu turista ta frecuente y tambe hunto cu BanSerio! Aruba nan lo yuda cu e parti di conscientisacion.

Minister di Naturalesa, Sr. Ursell Arends a lansa e campaña nacional “Limpi Limpi” dia 22 di augustus 2023. Dia 17 di augustus a duna di conoce cu e campaña cu a bolbe menciona na juli, ta na caminda. Claro, sin lubida cu na comienso di aña a bin ta hiba un campaña di conscientisacion caba pa yuda cu e transicion di ceramento di Dump. Un campaña di e magnitud aki no ta dura un siman pa prepara, “Limpi Limpi” ta un producto di debido evaluacion, datos colecta y combersacionnan pa colabora cu diferente partnernan cu por asisti. E momento cu a dicidi di anuncia e contenido di e



campaña no tin conexion cu factornan externo of cu agenda di otro organisacionnan politico, no di Ministerio di Naturalesa su banda. Por lo tanto, cualkier comparacion relata na e momento di lansamento di e campaña “Limpi Limpi” ta irrelevante.

Minister di Naturalesa ta apoya y ta sostene tur proyecto cu ta na beneficio di Aruba, ta un Aruba nos tin y si mas kier yuda pa tene limpi, no ta wak e necesidad pa reacciona negativo ariba e iniciativanan aki. Tambe kier clarifica cu na ningun momento Ministerio di Transporte, Integridad, Naturalesa y Asuntonan di Adulto Mayor a pidi fondo for di A.T.A. pa e campaña “Limpi Limpi”.

Hecho ta cu Aruba ta transicionando pa un maneho di desperdicio mas responsabel y nos bishitantenan tambe mester wordo educa y for di iniciativanan propio, A.T.A. a bin ta traha riba esaki. E insinuacion cu ta uza fondo di

A.T.A. atrobe ta sin base. Dos campaña diferente, cu dos diferente produccion su tras pero si cu un meta, un Aruba limpi!

Ta conseha cu embes di hunga politica pa trece division, enfoca ariba e bon cu e campaña nan aki lo trece pa Aruba su comunidad. Miho uzo di tempo ta pa hiba narativanan cu ta enfoca ariba reconoce e responsabilidad comparti cu nos tur tin den mantene Aruba limpi. Aruba ta un comunidad cu ta consisti di tanto residentenan como bishitantenan, cada un hungando un papel vital den preservacion di e medio ambiente cu nos tur ta comparti.

Minister Arends ta aprecia e sosten continuo di comunidad y ta stimula dialogo habri pa aborda cualkier preocupacion of malentendimiento cu por tin encuanto e campaña nacional “Limpi Limpi”. Gobierno di Aruba su compromiso ta keda firme den fomenta un ambiente agradabel pa biba y bishita.

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BEAUTY & SPA

Prome Minister a atende e conferencia di ‘Finance for Development’ na Nacionnan Uni

Durante un conferencia di prensa di Gobierno, Prome Minister Evelyn Wever-Croes a elabora riba su biahe na Nacionnan Uni (UN) siman pasa na unda el a atende varios reunion y conferencia. Un di e conferencianan cu tambe tawata hopi interesante tabata esun di “Finance for Developments”, cu a enfoca riba e manera con pa yega na fondo pa e “Small Islands Development States (SIDS)”, pa asina nan por cumpli cu e plannan cu nan tin.

Prome Minister tawata orador na e conferencia aki, na unda el a elabora riba e situacion di Aruba. El a splica cu pa pais Aruba, cu ta parti di Reino Hulandes, ta hopi dificil pa haya fondo di UN. Reino Hulandes ta haci donacion na UN, y p’esey ta wak Aruba como parti di Reino, como pais rico, y pa e motibo ey ta concentra mas riba e otronan paisnan cu tambe mester fondonan.

“E reunion a bay sumamente positivo, na unda cu Aruba a



haya hopi elogio riba tereno di energia, pa tin un plan realistico na unda tur hende ta alinea. Nos ta riba e bon caminda, pero pa por cumpli cu tur e plannan, Aruba lo mester di fondo y nos ta keda positivo”, Prome Minister a expresa.

Asamblea General di Nacionnan Uni #UNGA78

Conferencia pa delibera e situacion caotico di Haiti

Lidernan di diferente pais a muestra nan solidaridad y a indica unda nan por yuda Haiti



Un di e hopi conferencianan cu a tuma luga durante e siman di e reunionnan di Asamblea General di Nacionnan Uni #UNGA78 na New York tawata uno hopi conmovedor cu a wordo organisa pa Presidente di Canada, Justin Trudeau. Presidente Trudeau a invita tur e lidernan den e region cu a participa den UNGA78 pa delibera riba e tema di Haiti.

Durante e conferencia, a wordo informa di e situacion caotico na Haiti. E pais ta wordo asota pa violencia treciendo hopi sufrimento den hopi hogar den e pais. Hopi mucha na Haiti

no por bay scol y famianan ta wordo abusa. Segun esnan presente di Haiti, e situacion aki ta conoci internacionalmente pero niun hende ta poniendo suficiente atencion pa yuda e pais debidamente.

Prome Minister Evelyn Wever-Croes a remarca cu despues di a scucha tocante e situacion aki na Haiti, lidernan di diferente pais a muestra nan solidaridad y a lanta mesora pa indica unda nan por yuda Haiti. Presidente Chandrikapersad “Chan” Santokhi di Surinam tawata un di e prome pa duna su compromiso na e Yamada di yudansa. Tambe Premier di Barbados, Mia Mottley, tawata mas critico den su remarkenan y a indica cu e situacionnan na Haiti ta rekeri mas cu solamente manda autoridadnan pa mantene paz y tranquilidad.

“E tawata un hopi bon conferencia na unda cu nos a wordo informa di e situacion real na Haiti y nos oracion y deseo ta pa tur ciudadano na Haiti pronto sinti e tranquilidad y resolucion di e conflictonan cu e pais ta confronta”, Prome Minister a enfatisa.

Panceta De Cerdo Estofada Con Nudo De Piel De Tofu

La panceta de cerdo es cada vez más popular y esta receta te mostrará cómo incorporar esta carne grasa a un plato delicioso. Aunque la carne tiene mucha grasa, no es nada grasosa y se equilibra con la jugosa piel del tofu que hace que todo el plato sea satisfactorio para preparar y comer.

Receta

TIEMPO PREVIO: 20 minutos

HORA DE COCINAR: 1 hora 10 minutos

TIEMPO TOTAL: 1 hora 30 minutos

4 SERVICIO

Ingredientes:

2 libras de panceta de cerdo

1,5 taza de vino de arroz Shaoxing
Huadiao

0,5 taza de salsa de soja ligera

0,5 taza de azúcar de roca

1 cucharadita Salsa de soja oscura

4 unidades de anís estrellado

15 nudo de piel de tofu

Direcciones:



1 - Cortar la panceta de cerdo en cubos.



2 - Corte la piel del tofu en tiras, de 10 pulgadas de largo y 8 pulgadas de ancho.



3 - Elige una tira. Sujeta los extremos

de la tira con las dos manos, enróllala y haz un nudo.



4 - Solo tenga cuidado al intentar hacer nudos. Puedes romperlo si los atas demasiado fuerte.



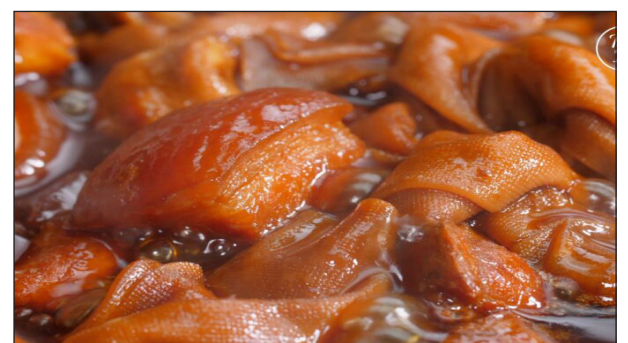
5 - Freír la panceta de cerdo en cubos a fuego ligero durante 3-5 minutos hasta que la carne se dore. Recuerde revolver constantemente para asegurarse de que la carne se cocine de manera uniforme. No hay necesidad de precipitarse. De esta forma, la panceta de cerdo frita queda sabrosa pero no grasosa.



6 - Vierta el vino de arroz Shaoxing Huadiao, la salsa de soja ligera y el azúcar de roca en la sartén. Luego agregue salsa de soja oscura y anís estrellado.



7 - Agrega los nudos de la piel del tofu.



8 - Cocine a fuego lento durante 1 hora.



9 - ¡Disfrutar!

Fortaleza pa Famia

Dianan ta malo, hopi distraicion, pero nos Dios ta soberano

EFESIONAN 5: 15-16-17 ta bisa lo siguiente: P'esey mira bon con boso ta cana, no manera hende bobo ma manera hende sabi, haciendo bon uzo di boso tempo pasobra e dianan ta malo. P'esey anto no sea bobo, ma compronde e boluntad di Dios.

Efesionan 2:10 ta para skirbi: Pasobra nos ta e obra di Su man crea den Cristo Hesus, pa bon obranan, cualnan Dios a prepara di antemano pa nos cana den nan.

Pasobra E a libra nos di e poder di scuridad, y a traslada pa e reino di Su yiu stima, den Kende nos tin redencion, e pordon di picanan.

Ta hopi cos tin cu ta desvia atencion di hende for di Dios, pero Dios t'ey pa nos tur, nos tur ta mirando cu maldad a avansa, nos tin cu mantene nos fe y di tene cuidao pasobra e malvado a bin pa solamente horta, mata, y destrui, pero Cristo Hesus a bini pa nos tin bida, y pa nos tin'e na abundancia.

No tene miedo pasobra Mi ta cu bo, no desmaya pasobra Mi ta bo Dios, lo Mi fortaleza bo, si lo mi yuda bo, si lo mi sostene bo, cu Mi man drechi di husticia (Isaias 41:10).

Esaki ta un promesa pa nos tur cu ta kere den Dios, pa nos sa cu Dios ta cu nos, aunke scuridad ta avansando riba e mundo aki, y noticia falso ta debilita curason di esnan cu no sa e berdad, y ta pone esnan cu sa e berdad perde tempo pa comparti cosnan cu no ta existi.

Nos tin cu tene bon cuenta pasobra e enemigo lo sigui bombardia cu maldad te na momento cu nos Señor Cristo Hesus bin busca su pueblo (1 Thesalonisensenan 4:16-18).

Laga bo wowo wak recht bo dilanti, laga bo klep di wowo keda fiha stret bo dilanti. Mira bon unda bo pianan ta hiba bo, e ora ey tur bo camindanan lo wordo estableci. No bira na man drechi ni na man robes. Tene bo pia leu di maldad (Proverbionan 4:25-26-27)

E deseonan pa cosnan di mundo, e amistad cu mundo cual ta enemistad cu Dios, ta aumenta, y hopi no ta tene cuenta cu Cristo Hesus mester ta e prioridad pa nos bida.

Sea alerta, para firme den fe, actua manera homber, sea fuerte. Laga tur loke boso ta haci wordo haci cu amor (1 Corintionan 16:13).

Pasobra ta para skirbi den 2 Pedro 3 :7 : Ma e cielonan y tera actual pa medio di Su Palabra ta wordo reserva pa candela, warda pa e dia di huicio y destruccion di hendenan impio.

Boso anto stima nan sabiendo esaki di antemano, tene cuidao pa boso no wordo lastra hiba pa medio di eror di hombernan malvado, y boso cay for di boso mes firmesa. Ma crece den e gracia y conocimiento di nos Señor Hesus Cristo (2 Pedro 3:17-18).

Dios ta luz y den dj'E no tin nada, nada di scuridad, si nos bisa cu nos tin comunion cu ne, y sinembargo nos ta cana den scuridad, nos ta gaña y no ta practica e berdad (1 Juan 1:5-6).

Si nos bisa nos no tin pica nos ta gaña nos mes y e berdad no ta den nos.

Si nos confesa nos picanan, E ta fiel y husto pa pordona nos nos picanan y pa limpia nos di tur inhusticia (1 Juan 1:8-9)

Esun cu bisa cu e ta den luz y sinembargo ta odia su ruman ta den scuridad ainda (I Juan 2:9).

Laga nos tene cuenta cu e trampanan di enemigo, y mantene nos bista riba Dios.

Sinceramente, Pastor Marcel Balootje



"Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil,
Pa mi bolbe haña forsa".
Salmo: 23

Nos ta anuncia fayecimento di:

Candelaria Orman

Mihor conoci como "Candechi"
*14 Januari 1934 – †27 September 2023

Na number di su:

Mayoran:

†Juan Orman y Maria Anita Orman-Zievinger

Yuinan stima:

Soledad Orman y yui

†Rufina Orman

Silvia Orman y yuinan

Maria Anita Orman

Nieto/a nan stima:

Solmarie Orman y Johairo Girón y Famia,

Silvienne Pardo y yuinan, Slvion Pardo na

Hulanda

Bisanieto/a nan stima:

Jay-Sell, Ilsiënné y J-Ziön Girón, Qshon v/d Berg

y Qrion Pardo

Rumannan:

†Andrea Wernet-Orman

†Francisco Orman

Subrino/a nan:

Ramon, Maricela, Jacqueline, Suzette, Juan

Francisco (Papito), Jacqueline, Sandra,

Richard y Wendy

Primo/a nan:

Sargento Pascual Ras y Famia USA, Nora

Maduro y Famia, †Andrea Dirks y Famia, Marco

Lopez y Famia, †Trina Tromp-Zievinger y Famia,

Theodoor Orman y Famia

Madrina:

†Cornelia Chirino y Famia

Amistad serca:

Tico Mateo y Famia, Esmeralda Tromp y

Coralia Zievinger y Bisiña nan

Demas famia: Orman, Rombley, Pardo, Girón,
v/d Berg, Zievinger, Wernet, Petronila, Quant,
Zijlstra, Rasmijn, Wolff, Salazar, Ras, Maduro,
Dirks, Lopez, Chirino, Mateo, Ridderstap, Dania,
Swan, Kemp, Olivir, Tromp, Hoek, Ridderstaat,
Kelkboom, Sevinger, Charris, Holsman, Quandt,
Dirksz, Palm, Francia, Vrolijk, Chundro, Lugo,
Odor, Chay, Lopes, Marquez, Pieternella Reyes,
Korsen, Martinus, Carti y tanto mas nos a lubida
den nos tristeza.

Ta invita pa e acto di entierro cu lo tuma
lugar **diabierna 6 di october 2023** na misa Pro
Catedral san Francisco di 9:00 pa 11:00 di
mainta despues lo hiba Candechi na su ultimo
lugar di sosiego na santana playa.

Nos disculpa si den nos tristeza nos por a lubida
di menciona algun number di famia/amistad.

Ta duel nos cu despues di entierro nos no ta
risibi bishita di condolencia na cas.



Tur cos aki na mundo tin su ora y su tempo.
Ora pa nace y ora pa muri,
Ora pa yora y ora pa hari.
Ora pa keda keto y ora pa papia.
Ora pa stima y ora pa odia.
Ora pa guerra y ora pa paz.

Cu imenso tristeza na nos curason, pero cu hopi
gratitud pa tur locual el a significa pa nos, nos ta
anuncia fayecimento di:

Gilbert François Dirksz

Mihor conoci como: "Gibi"
*16-03-1975 - †30-09-2023

Na number di su:

Casa: Jasmine Dirksz-Haseth

Yiu stima: Jesseline Dirksz

Mayoran: Francisco y Maria Dirksz-Kock

Rumannan: Ryan y Keila Dirksz-Briceño y famia
†Ebby Dirksz y Gladys Dirksz-Escobar

Sobrino: Geraint Dirksz

Ruman di criansa: Johnathan Koolman
Lindomar Kock Jr.

Suegro(a): †Eufrazio y †Virginia Haseth-Geerman

Omo y tantanan: Margarita Dirksz
Francisca Dirksz
Ida y Ahméa Soliman-Dirksz
Lorenzo y Elduvina Dirksz-Caléron y famia
Filomena Dirksz
Lucia Dirksz
Maria Dirksz y famia
†Hyacinto y Vera Kock y famia
†Anna y Theodoor Koolman y famia
Francisco y Aura Kock y famia
Macario y †Marucha Kock
†Maxima Kock y famia
†Toribio Kock y famia
Rosalía y †Boy Eugenia y famia

Swa y cuñanan:
Roberto y Filomena Haseth-Figaroa y famia
Horacio Haseth y famia
Ludwina y Felipe Suerte-Haseth y famia
Mena y Michel Wolff-Haseth y famia
Rudolph y Patricia Haseth-Giraldo y famia
David y Jelitzá Haseth-Koolman y famia

Padrinonan: Martin Kelly
Leo Koolman
Mena Dirksz

Iha: Mark
Primo y primanan
Mihor amigo: Juancho Croes

Tur su coleganan di Parke Nacional Arikok, tur su
ex-coleganan di AMC Unicon y Arvefa, amigo
y amiganan, comer y compernan, Bisiñanan y
conocirnan

Famia:
Dirksz, Haseth, Kock, Briceño, Koolman, Geerman,
Soliman, Calderon, Eugenia, Figaroa, Suerte, Wolff,
Giraldo, Lopez, Curiel, Rivero, Angela

Oportunidad pa condolencia: diahuebs 5 di October
2023 na Aurora Funeral Home di 7:00 pa 9:00 pm

Ta invita pa acto di condolencia y entierro cu lo tuma
lugar **diabierna 6 di October 2023** di 2:00 pa 4:00 pm
na misa Inmaculada Concepcion, despues lo sali pa
Santana catolico na Sta. Cruz.

Nos sincero disculpa si den nos tristeza nos lo por a
lubida un of otro famia of conocir.

Despues di entierro nos no ta ricibi bishita di
condolencia na cas.

Gibby semper contento.
Gibby su deseo tawata pa compaña pa su ultimo
lugar di sosiego bisti na blauw.



"Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi
sosega. E ta hibami na awa frankil,
Pa mi bolbe haña forsa".
Salmo: 23

Nos ta anuncia fayecimento di:

Mary Ellen Haze-Zijlstra

*02 february 1951 – † 28 september 2023

Na Number Di Su:

Yuinan:

Karine Geerman Y Famia.

Jairo Y Carina Fingal Y Famia.

Johnny Y Mislady Fingal Y Famia.

Marianne Fingal Y Famia.

Rumannan:

Sherwin Zijlstra Y Sra. Sandra Zijlstra-Alvarez.

Shannon Zijlstra.

† Gerrit Zijlstra, Mama Di Su Yuinan Jasmin Tromp.

Rensly Zijlstra Y Sra. Rita Zijlstra-Morozow.

Asmid Zijlstra.

† Paul Edwin (Winchi) Y † Violeta Zijlstra – Kock.

Carol Lenny (Carla) Y Philip (Fifi) Ho Sing Loy –

Zijlstra.

Joan Edna Y Robert Candelaria – Heronimo.

Ana Luisa (Anchie) Heronimo.

Jose Del Carmen (Juni) Heronimo.

Glenda Magaly – Heronimo.

Sobrino, Sobrina:

Gerry Zijlstra Y Famia., Philip (Picho), Marcel,
Carlton Y Mary-Gladys Ho Sing Loy Y Famia,
Robert, Johnny, Caroline Candelaria Y Famia.
Melissa, Elise, Samantha Y Famia.

Nieto Y Bisnieto:

Quincent, Aimee Y Famia.

Camala, Danny Y Jay Jay.

Johnathan Y Brihanna.

Brittany, Duncan Y Elly.

Sophia Y Li-An.

Tanta Y Omo:

Sevilla (Chibin) Y Henny Van Oeveren – Paskel Y
Famia.

† Aura Y † Alexandro (Chas) Tromp – Paskel Y
Famia.

† Eleonora (Elia) Paskel Y Famia.

† Theodora (Dora) Y Dominico (Nico) Henriquez -

Paskel Y Famia.

† Alberto (Betty) Y Faustina Paskel – Tromp Y

Famia.

Loreto (Lulu) Y Emma Paskel – Geerman Y Famia.

† Amanda (Manda) Y † Pablo Flemming – Paskel

Y Famia.

Judy (Eta) Y Hans Van Der Wielen – Paskel Y

Famia.

Maria Mercedes (Heddy) Y Albert Matos - Paskel

Y Famia.

† Lawrence (Ronny) Y Elisabeth (Lisa) Paskel –

Robles De

Medina Y Famia

Tur otro primo, famia, amigonan, bisiña y
conocirnan. Na honor di mary ellen, famia lo
aprecia un donacion na koningin wilhelmina
kanker fonds aruba y pa esaki lo tin un box
disponible den misa. Tambe por haci donacion
na kwf aruba via transferencia di banco, Aruba
Bank 2611450190

Acto di despedida lo tuma lugar **diasabra 07
di oktober 2023** for di 2 pm pa 4 pm na aurora
funeral home. Cremashon lo tuma lugar den
seno familiar.

Nos ta pidi nos disculpa si den nos tristeza nos
por a lubida un of otro familiar.



Si un hende muri, e por bolbe bek?
Lo mi warda tur e dianan cu
mi ta obliga di warda,
te ora mi liberashon jega.
Lo bo jama, i lo mi contesta bo.
Bo ta anhele pa mira obra di bo man.
(Job 14:14-15)

Cu profundo tristesa y dolor na nos curason, nos
ta anuncia cu a fayece:

Sarah Vrolijk

Cariñosamente yama "Sarita y Nana"
03-11-1932 – 30-09-2023

Number di su:

Mayornan:

†Juancito Vrolijk

†Maria Filomena Vrolijk- Yarzagaray

Mama di criansa:

†Fransisca Vrolijk- Geerman

Yiunan stima:

Jacobo Alex Croes

Veronica Croes y famia

Elizabeth y Marlon Quilotte- Croes y famia

Maria Filomena y Sixto Odor- Croes y famia

Nilo y Sila Vrolijk- Chiragali y famia

Nietonan stima:

Edgar, Gregory, Mitchell, Randolph, Yemail,
Patrick,

Alexander, Kenrick, Nigal y Christiaan

Nietanan stima:

Angelique, Lissette, Marylies, Chrystal, Nathaly,
Suen, Nilaishma, Sarah Nicole y Zoë

Bisanietonan:

Axel, Jehnrick, Jaden, Jathan, †Oshwin, Arjen
Jr., Aymon, Ashwin, Stuart, Maeyson, Marvin,
Davenier, Yamil, Zane, Adrian

Bisanietanan:

Shanté, Kayleigh, Nyabelle, Shay, Kioma, Akira,
Jenneviene, Jennelaine, Gilyanne, Maevah,
Alessa, Isabella, Sophie, Ly-Ann

Rumanan:

†Carlos y Olive Vrolijk- Fergunson
Annie y Gumersindo Dijkhoff- Vrolijk
Juan y Irma Vrolijk- Rasmijn

Amistadnan di cas:

Ingrid, Anna, Greta y Raymundo, famia
Charles, Roosje y famia

Subrino y subrinanan, primo y primanan, famia
Vrolijk, Yarzagaray, Geerman, Croes, Joseph,
Ferguson, Maduro, Visser, Dijkhoff, Quilotte,
Odor, Kock, de Los Santos, Mathilda, Chiragali,
Rasmijn, Dilon- Haas, Martinez, Paskel, Ottens,
Ras, Werleman, de Leon, Lampe, Erasmus, de
Mey, Alcaria, Navas, Vrieswijk, Bergen

Gradicimento: Soraida Maduro y Sheina
Irausquin pa nan cuido

Ta invita pa acto di entierro cual lo tuma
lugar na Salon di Reino di Testigo di Jehova
na Bubali, **diabierna 6 di oktober 2023** di 2'or
pa 4'or di atardi. Despues lo sali pa Santana
Central Sabana Basora.

Nos ta pidi nos mas sincero disculpa, si pa
algun motibo, nos por a lubida algun familiar
den e momentonan aki di tristesa.



"Señor ta mi wardador, mi'n tin falta di nada
Den cunucu di yerba berde e ta ponemi sosega.
E ta hibami na awa frankil,
Pa mi bolbe haña forsa". Salmo: 23

Nos ta anuncia fayecimento di:

Jozef (Baby) Donald Arends Jr.

Nov 7, 1961 Oct 2, 2023

Na number di su:

Yiunan: †Misjah Arends

Jozef (Jossy) Arends III y Melanie Castelar

Marialejandra Arends

Nieta: Gilisjah Kock

Tata: †Jozef Donald Arends

Mama: †Ada Tarcila Arends-v/d Ree

Manera segunda Mama: Brigida Edwina Paula

Rumannan: Tarcila y Roberto Wernet-Arends

Maria (Aka) Arends y Alberti (Ali) Wever

Alberto y Delia Arends-Daantje

Sobrino(a)nan: Reinhard (Papito) y Zillah

Gianina (Nina) y Herman

Sue-Ellen y Ashley

Kristin y Bryan

Edward (Pucho) y Joyce

Andrea y Ruell

Alberti y Sueyeska

Pareha: Miriam Maduro

Omonan, Tantan, Primo y primanan, amigo y
amiganan na Aruba y den exterior

Despensa nos si den nos tristeza nos por a lubida
un of otro persona

Ta invita pa e acto di entierro cu lo tuma lugar
diasabra, Oct. 7, 2023 di 9am-11am na Aurora
Funeral Home, sigi pa Santana Catholico na
Oranjestad.



Den number di L. Michael, Ryan & Jason
Peterson Y demas famia, nos kier a manda un
gradicimento na tur sosten y palabranan di
consuelo ricibi pa cu fayecimento di

Myrta M. Peterson Diaz

Miho conoci como: Tia

Un danki special ta bai pa Giselle, Shari & Guido
Dr E. Caceres & Dr T. Nortier
Etienne Yarzagaray & Mitchell Tromp

Tambe un gradicimento pa e bunita
cooperacion ricibi for di Aurora Funeral Home.
tur famia-, amigo-, conocir-, y tur hende cu a
compaña nos den e y momentonan dificil aki.

Na mes momento nos ta tur pa compaña nos
na Santo Sacrificio di Misa e siguiente dianan na
Parokia San Juan Pablo II, Tanki Leendert:
Diahuebs, 5 October pa 6.30PM
Diasabra, 7 October pa 6.00PM
Diamingo, 8 October pa 9.00AM

Boso presencia ta altamente aprecia



"Dios ta amor y amor ta Dios,
Maske mi no ta na e mundo aki,
tur dia lo mi ta banda
di boso Curazon,
mi por stens di loke Señor ta hasi"
- Salmo 33

Cu hopi tristesa pero conforme cu boluntad di
Dios nos ta anuncia cu a bay laga
nos den brasa di Señor

Maria Elisabeth Tromp-Thodé

Miho conoci como "Marian / Mama / Oma"
*29-08-1941 †30-09-2023

Casa: † Martinus Andres Tromp

Yiunan:

Gianni Tromp y Marisa Tromp-Figaroa

Ruisandro Tromp y Maybeline Tromp-van der
Biezen

Elton Tromp y Shaska Kock

Nieta(o)nan:

Kylah Tromp y Isabelle Tromp

Dwade Tromp y Sean Tromp

Tashmaine Boekhoudt

Rumannan:

† Francisco (Fang) Thodé

† Francisca (Bibi) Thodé y yuinan Anjer (Ankie) y
Ronny

† Hilario (Jajo) y Theresita (Chita) Thodé-Tromp y

yuinan †Michael (Maiky), Patrick y Aldrin

Abelino (Lino) Thodé y Thelma Thodé-Croes

† Franklin (Frankie) Thodé

† John (Nona) Thodé

Evaristo (Vic) Thodé y Fatima Thodé-Plaza y

yuinan Favier, Mark y Favienne

Swa y cuñanan:

Filomena Tromp y † Victor Tromp y yui

Robert Tromp y Maria Tromp y yuinan

Wilfred Tromp y Rina Tromp y yuinan

Oscar Tromp y † Aleyda Tromp-Hurado y yui

Eric Tromp y Lilian Tromp-Croes y yuinan

Yvonne Tromp y yui

Swinda Tromp y Hose Tromp y yuinan

Ergard Tromp y Marianita Figaroa

Cuidadonan:

Cas di machi (Cristina y e staff completo di Cas
di Machi)

Monique & Maria

Amiga stima:

Avelina Garcia

**Primo(a)nan, amigo(a)nan y conocirnan,
bisiñanan**

Demas famia:

Thodé, Tromp, Vrolijk, Figaroa, van der Biezen,

Kock, Yarzagaray, Provence, amigonan y

amiganan y conocirnan na Aruba, Boneiro,

Hulanda, Puerto Rico; bisinjanan di Seroe Blanco

y Weg Seroe Preto y Rooi Hundo, y amigo(a)nan

di cas.

Ta invita pa acto di entierro cual lo tuma lugar
na Misa San Francisco, **dialuna 9 di oktober 2023**
di 2'or pa 4'or di atardi. Despues di misa ta sali
pa Santana Central Sabana Basora. Despues di
entierro no ta ricibi bishita di condolencia na cas.

Nos disculpa si den nos tristesa nos por a lubida
cualquier persona.

30
ON OCTOBER 14TH & 15TH
**USA BASEBALL
COACHING CLINIC 2023
RETURNS TO ARUBA**

32
**TONS OF NEW
DETAILS REVEALED
FOR MODERN
WARFARE 3**

39
SAGE INCENSE:
**THE SPIRITUAL ELIXIR
OF PURIFICATION AND
TRANQUILITY**



MINISTER ARENDS SIGNS MOU WITH THE NETHERLANDS TO STRENGTHEN PRIMARY SECTOR ACROSS THE KINGDOM



Minister Arends Signs MOU with the Netherlands to Strengthen Primary Sector Across the Kingdom



IN a significant move to enhance collaboration and bolster the management of natural resources, Minister Arends has signed a Memorandum of Understanding (MOU) alongside Mrs. Christianne van der Wal, the Minister of Nature and Nitrogen from the Netherlands.

This MOU signifies a commitment to mutual assistance, cooperation, and consultation within the Kingdom, with a focus on promoting the exchange of knowledge, contact networks, and expertise in three key areas:

1. Protection, Management, and Utilization of Natural Resources: The agreement seeks to foster a unified approach to safeguarding and responsibly utilizing the rich natural resources within the Kingdom.

2. Enhancing Food Security through Sustainable Agriculture and Fisheries: By prioritizing sustainable development in agriculture and fisheries, the MOU aims to strengthen food security and reduce vulnerabilities in the primary sector.

3. Participation in and Effective Implementation of Relevant International Treaties: The signatories of the MOU are

committed to actively participating in international treaties that are pertinent to the conservation and sustainable use of natural resources.

Minister Arends expressed optimism regarding the impact of this strengthened collaboration among the Kingdom countries. He believes that it will not only enhance the primary sector but also contribute to the well-being of the natural resources. Each country within the Kingdom stands to benefit from the shared knowledge and experiences.

The MOU will be presented at the upcoming conferences of the Cartagena Convention, scheduled to take place on our islands this week. The Cartagena Convention is a vital international treaty designed to protect and preserve the marine and coastal environment throughout the Caribbean region.

This cooperative effort reflects the shared commitment of the Kingdom countries to address environmental challenges and promote sustainable development for the benefit of present and future generations.

Minister Glenbert Croes:

The Aruban Oil Company has signed an MoU with Armstrong Oil and Gas Inc.



DURING a press conference of the Government of Aruba, Energy Minister Glenbert Croes elaborated on Armstrong Oil and Gas Inc., which has signed an MoU with the Aruban Oil Company. Armstrong is a private company based in Denver, Colorado, specializing in oil and gas exploration.

A total of 2.5 billion barrels of oil have been discovered by Armstrong Oil and Gas Inc. in the Pikka field located in Alaska. Other places where this company has explored in the United States include Alaska, North Dakota, Louisiana, California, Michigan, Wyoming, Texas, and Utah.

Minister Croes explained that the goal of the MoU is to evaluate the hydrocarbon potential in the maritime area of Aruba. Given the ongoing energy transition, where the government is investing in renewable energy with projects like Eagle LNG, Acciona Energia, expanding the windmill park in Rincon, and more solar parks to come, it's important to emphasize that while renewable energy is crucial, fossil fuels are still neces-

sary as they cannot supply 100% of the demand.

This is indeed good news for Aruba, as once again, there is a company interested in exploring the possibility of acquiring hydrocarbons in the maritime area. With the MoU signed, Armstrong will work with Aruban Oil to analyze and identify the areas where exploration can begin, and once these areas are identified, drilling is set to commence in January 2024.

"As Minister of Energy, I am extremely pleased that the Aruban Oil Company and Armstrong International have reached an agreement to embark on the journey to study the possibilities of exploring gas or oil in Aruba's areas. Considering the quality, capacity, and integrity of the Armstrong company, Aruba remains positive that this time we will succeed, and the wealth from this achievement will benefit the entire community, thus positively changing the destiny of the country of Aruba," expressed Minister Croes.

USA Baseball Coaching Clinic 2023 Returns to Aruba on October 14th & 15th

THE eagerly anticipated USA Baseball Coaching Clinic, in collaboration with local enthusiasts, is set to return on October 14th and 15th. This year, the clinic features three distinguished coaches from the USA Baseball coaching staff who will provide valuable training, share their experiences, and impart knowledge on the sport of baseball.

The program officially kicks off on Saturday, October 14th, with Coaching Session 1 (theory) from 12:00 PM to 5:00 PM at the University of Aruba. On Sunday, October 15th, Coaching Session 2 (practice) will take place from 9:00 AM to 3:00 PM at the field. There is a maximum capacity of 80 coaches for this session. The participation fee is AWG 50, which covers expenses and includes two coaching sessions (Saturday & Sunday), refreshments (water and Gatorade), cookies (Saturday), and a light lunch (Sunday) for all participants. Managers, coaches, and leaders are warmly invited to register online at <https://bit.ly/coachclinic2023>.

The primary goal of organizing this event once again is to expand the knowledge of coaches in Aruba who are dedicated to improving themselves while also preparing their players better. In 2022, the clinic reached its maximum number of participants, and based on valuable feedback from coaches, some adjustments have been made to the program content, all aimed at benefiting baseball in Aruba. Furthermore, during the registration process, participants can provide input on the specific areas they wish to focus on, allowing for a more personalized clinic experience. This is indeed a unique opportunity for all involved.

Baseball in Aruba thrives on the passion and dedication of volunteers who have an unwavering love for the sport. By combining this enthusiasm with a thirst for knowledge and improvement, positive developments can undoubtedly be expected in the world of Aruban baseball.

Participants can prepare for two intense days with coaches Drew Briese, Steve Butler, and Andrew Bartman, each bringing their area of expertise to contribute to the success of this clinic. Special thanks go to Sport Subsidie for their belief in and financial support of this clinic, made possible with the help of baseball volunteers in Aruba.

The USA Baseball Coaching Clinic promises to be an enriching experience for all involved, further fueling the passion for baseball in Aruba.

DREW BRIESE

Drew Briese is the Centre Athletics head baseball coach since 2016. Recently, Briese guided the Colonels to a record setting 28 wins in 2023. The 2023 team finished second in Southern Athletic Association play. In addition to coaching at the collegiate level, Briese has worked with USA Baseball in various roles since 2013. He has served as a coach, speaker, and member of the Scouting Task Force at ages groups ranging from 14u-17u. In 2022, Briese was the manager of the USA Baseball 15U National Team which competed in the World Baseball/ Softball Confederation (WBSC) World Cup in Hermosillo, Mexico. Team USA beat Cuba 4-3 to win the gold medal at the event. Briese and his wife Rachel have three children, Jack, Kate and Finley.



[BIT.LY/COACHCLINIC2023](https://bit.ly/coachclinic2023)

ANDREW BARTMAN

Bartman is the Director of Coaching Development for USA Baseball. In that role, he coordinates and executes over 50 in-person Community Coaches Clinics each year in addition to 4 Regional Clinics and 10 Virtual Clinics. These grassroots efforts have reached over 10,000 coaches in the past 4 years. As a college baseball pitching coach Andrew directly worked with 6 Pitchers who were drafted by MLB teams, with 2 reaching the Major Leagues. He is married to Nicole and they have two daughters, Kendall & Micah; while also acting as foster parents when the need arises.



[BIT.LY/COACHCLINIC2023](https://bit.ly/coachclinic2023)

STEVE BUTLER

Butler is currently the head coach at Eagan High School (Eagan, Minn.). A position he's held since 2018. Butler is a veteran of USA Baseball events having coached at the 14U NTDP in 2015 and 2017 and 15U National Team Trials in 2016, 2018, 2019, and 2023. He also has served 2 terms as an assistant coach for the USA Baseball 15u National Team, including being the third base coach for the 15u National Team that competed and won the World Championship at the 2022 WBSC U-15 Baseball World Cup in Hermosillo, Mexico. Prior to coaching at Eagan, Butler was an assistant coach at his alma mater, Concordia University, St. Paul, from 2009-2017, where he worked with hitters and defense. Butler and his wife, Jessica, and their 3 kids enjoy spending time as a family when away from the ballpark.



[BIT.LY/COACHCLINIC2023](https://bit.ly/coachclinic2023)

C.B. Piedra Plat’s Successful Inaugural 5K Run & Walk Unites Community in Aruba



IN a lively display of community spirit, the picturesque neighborhood of Piedra Plat in Aruba hosted its very first 5K Run & Walk on Saturday, October 10, 2023. The event, organized with the support of CEDE Aruba and expert guidance from IBISA Aruba, aimed to bring the Piedra Plat community together for an evening of family-friendly activities.

Additionally, it encouraged both amateur and competitive runners and walkers to take part in a scenic 5K route encompassing the Piedra Plat, Bloemond, Tamarijn, and Sero Pita areas.

Community Enthusiasm Shines

A dedicated team of volunteers joined forces with C.B. Piedra Plat to orchestrate this significant event, marking a rejuvenation of community activities after a substantial hiatus. Reflecting on the event’s outcome, the team expressed immense satisfaction with the positive response from the community and the robust participant turnout.

This inaugural event not only provided an enjoyable evening but also offered valuable insights for future improvements in their organizational endeavors. The team is especially proud of the numerous compliments they received from committee members, a testament to their hard work and dedication.

Event Highlights and Results

The 5K Run & Walk witnessed exhilarating moments and showcased participants’ determination. While the results slightly deviated due to an age difference error, the accurate outcome is as follows:

Male Category:

- 1st place male: Christiaan Jansen
- 2nd place male: Richard Sotelo
- 3rd place male: Alrric Kock

Female Category:

- 1st place female: Evie Adele Leonardo
- 2nd place female: Hannah Kamminga
- 3rd place female: Sharon Duijn
- 4th place female: Aaliyah Faruup

Children’s Category: Liomar Da Costa

Gratitude and Acknowledgments

C.B. Piedra Plat extends heartfelt gratitude to all partners and sponsors who contributed to the success of this event by providing prizes for participants. The list of generous supporters includes:

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Salty Local	Giannis Group
Texas de Brazil	Amsterdam Manor
Double Down	El Faro Blanco
Jolly Pirates	La Cabana
Garden Vibes	Coco’s Restaurant
Pelican Adventures	Ling & Sons

The organizers also express their apologies to Milliard Academy, AVANSE Gymnastic, Tiger Tae-kwondo Academy, and Brazilian Jiu Jitsu for not being able to accommodate their presentations post-event due to unforeseen circumstances.

Furthermore, the organizers sincerely thank Kini Kini Transfer, Minitca Genie, CEDE Aruba, IBISA Aruba, Powerade, DOW, and members of the press who contributed to the event’s success.

What’s Next

As this triumphant 5K Run & Walk sets the tone for more exciting community activities, Piedra Plat and its neighboring areas eagerly anticipate future events. Stay tuned for updates on upcoming endeavors by Centro di Bario Piedra Plat as they continue to foster unity and camaraderie within the community.



Tons of new details revealed for Modern Warfare 3



Weapons

Modern Warfare 3 is set to offer more than 30 different types of weapons, including the ACR assault rifle from Modern Warfare 2 and the Renetti pistol from Modern Warfare 2019. Each weapon has its own unique mastery camos that players can unlock. As previously announced, players can also bring over all of the weapons, camos, operator skins, and most cosmetics from Modern Warfare 2 to the new game.

The Gunsmith

The Gunsmith customization feature from previous Call of Duty games is making a comeback in Modern Warfare 3, allowing players to customize their weapons with attachments and detailed tuning options. This year's Gunsmith feature will include even more customization options with

detailed weapon stats for each attachment, allowing players to better understand how their weapon is affected by each attachment. Additionally, players can unlock new aftermarket parts to further customize their weapons. While detailed weapon stats won't be available in the upcoming beta, players can expect them to be included in the game at launch.

Introducing Aftermarket Parts

Aftermarket parts in Call of Duty are distinct parts that differ from the typical attachments found in weapon customization. These parts bring significant changes to the weapon's functionality, such as its firing mechanism, rate of fire, and even the gun's fire type. These changes can significantly affect how the weapon feels and performs in the game.

ZOMBIES x DMZ

Modern Warfare 3 will feature a large-scale extraction gameplay for Zombies instead of the traditional round-based experience.

This will be a large map where players can participate in a mashup of DMZ extraction mode and Zombies and can be played solo or with a squad in a PvE environment. Matches feature up to eight squads of three, and players can join forces with other teams. Additionally, players can select freeplay mode and load into matches to defeat the undead, or they can play Dark Aether story missions.

The developer claims that the mode features more zombies than ever on one map, including special zombie types like the Abomination and a human threat known as the Terminus Outcomes PMC.

The upcoming map for Zombies will contain all the classic features like the mystery box, perk machines, Pack-a-Punch, and a brand-new Wonder Weapon named the Scorchier. The Scorchier can be used for killing zombies or as a tool for boosting up and navigating the map.
Like Modern Warfare 2’s DMZ, players can equip themselves with perks, Pack-a-Punched weapons, and equipment to exfil from the map and save for a later match in Zombies mode. This also includes unique weapons such as the iconic ray gun.

PlayStation Exclusive

Activision announced new PlayStation-exclusive content for Call of Duty’s Modern Warfare III. The Lockpick Operator Pack, with new operator Elodie Micheaux, aka Lockpick, is available for pre-order. The bundle features a melee weapon and an SMG. Pre-ordering unlocks the content at launch on November 10. PlayStation has exclusive rights until November 9, 2024.

Sony pays Activision for PlayStation exclusivity, but the partnership may end soon as Microsoft is acquiring Activision Blizzard, which includes Call of Duty. Call of Duty may be available on Xbox Game Pass if the deal goes through. However, Call of Duty will remain on PlayStation for the next decade, even if Microsoft buys Activision Blizzard.

BETA STARTS TODAY!

The multiplayer beta for Call of Duty: Modern Warfare III begins today for PlayStation users who preordered.



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*Actual launch details of MWIII and Campaign early access subject to change. Actual platform availability of MP Beta subject to change. See www.callofduty.com/beta for more details. Minimum open Beta duration is 4 days. Limited time only. While early access Beta codes last. At participating retailers. Online multiplayer subscription may be required for MP Beta.

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*Actual platform availability and launch details of Beta subject to change. See www.callofduty.com/beta for more details. Minimum Open Beta duration is 2 days. Limited time only. Internet connection required. PlayStation®Plus subscription may be required.
**Actual play time subject to possible changes and applicable time zone differences.
Call of Duty: Modern Warfare III & Call of Duty: Warzone™ are an ever-evolving experience. Subject to change without notice. Must be redeemed by November 10th, 2024.
*Weapon Vault items limited to Weapon Vault contents at launch.
**Battle Pass, Call of Duty® points, and Tier Skips will be accessible in Modern Warfare III once the Season 1 Battle Pass is made available in game. Battle Pass redemption applies to one season of Modern Warfare III Battle Pass only.

A Formal Consideration

Choosing Between a Gaming PC and Console

IN the realm of gaming, the choice between a Gaming Personal Computer (PC) and a dedicated Gaming Console is a significant decision that warrants careful consideration.

Each platform offers its own set of advantages and considerations, and the selection process is influenced by personal preferences, requirements, and gaming priorities. In this formal article, we embark on a detailed exploration of the factors that play into this pivotal choice.

Gaming Personal Computer (PC): Power and Versatility

A Gaming PC stands as a pinnacle of gaming hardware, known for its raw power, versatility, and customizable nature.

Key considerations for choosing a Gaming PC include:



Performance: Gaming PCs are celebrated for their high-performance capabilities. Equipped with potent Central Processing Units (CPUs) and dedicated Graphics Processing Units (GPUs), they deliver stunning visuals and fluid gameplay, often exceeding console capabilities.

Versatility: Beyond gaming, a Gaming PC serves as a multi-faceted computing device, capable of various tasks such as content creation, productivity, and software development.

Customization: Gaming PC enthusiasts relish the ability to tailor their systems to their exact specifications, upgrading components as needed to stay current with the latest gaming advancements.

Backward Compatibility: Many gaming titles, especially on digital platforms like Steam, offer backward compatibility, allowing access to an extensive library of games from various eras.

Modding: The PC gaming community thrives on modding, enhancing and altering game content to create unique gaming experiences.

Upgradability: Gaming PCs can be upgraded to meet evolving gaming demands, extending their longevity.

Gaming Console: Accessibility and Convenience

Gaming Consoles, exemplified by the likes of PlayStation, Xbox, and Nintendo Switch, offer a distinct gaming experience celebrated for accessibility and user-friendly operation.

Key considerations for choosing a Gaming Console include:

Simplified Gaming: Consoles are designed for plug-and-play simplicity, making them accessible to players of all technical backgrounds.

Exclusive Titles: Each console boasts a library of exclusive titles, often highly acclaimed and sought after by dedicated fan bases.

Unified Ecosystem: Console ecosystems provide a cohesive gaming experience, with integrated online services, social features, and online multiplayer capabilities.

Cost-Efficiency: Gaming Consoles are typically more cost-effective than high-end Gaming PCs, especially when factoring in the cost of dedicated gaming peripherals.

User Experience: Consoles offer consistent user experiences across games, eliminating concerns about hardware compatibility or driver updates.



The Choice: Personal Preferences and Priorities

Ultimately, the choice between a Gaming PC and Console hinges on personal preferences and priorities. Factors such as budget, gaming library, performance requirements, and the desire for customization all play a role. Gamers seeking unparalleled power, versatility, and customization may gravitate towards Gaming PCs. Conversely, those prioritizing simplicity, accessibility, and exclusive game titles may opt for Gaming Consoles.

In the end, both platforms offer remarkable gaming experiences, catering to diverse tastes within the gaming community. The decision is a reflection of individual preferences, shaped by gaming aspirations, technological inclinations, and financial considerations. Whether one chooses the power and adaptability of a Gaming PC or the accessibility and simplicity of a Gaming Console, the world of gaming awaits with a wealth of immersive experiences and adventures.

9-Year-Old Missing on Camping Trip Found Safe After Ransom Note and Intensive Search



IN a harrowing turn of events, a 9-year-old girl who went missing during a camping trip in Upstate New York has been found safe after authorities discovered a ransom note at her parents' home. Charlotte Sena, who vanished during a bike ride in Moreau Lake State Park, was located after an extensive search effort that involved cell phone pings, park visitor data, and fingerprint analysis on the ransom note.

A Ransom Note Raises Alarm

The ordeal began when Charlotte's parents received a ransom note at their home, as revealed by New York Governor Kathy Hochul. The note prompted immediate concern and led to a multi-agency response to locate the missing child.

A Break in the Case

Governor Hochul detailed how authorities made a critical breakthrough in the investigation. Around 4:20 a.m. ET on Monday, the suspect drove to Charlotte's parents' home and placed the ransom note in their mailbox. Unbeknownst to the perpetrator, Charlotte's parents were still at the campground searching for their daughter. The family's home was under police surveillance, but officers had been dispatched to another call, allowing the suspect to drop off the note. Investigators discovered fingerprints on the ransom note during their initial attempt to analyze it. Subsequent database searches identified the suspect as 47-year-old Craig Nelson Ross, Jr. Armed with this lead, law enforcement swiftly moved to apprehend him.

Dramatic Capture and Safe Recovery

Ross was residing in a camper behind his mother's residence, and authorities used two SWAT teams to execute a dynamic entry tactical maneuver. During his arrest, Ross resisted and sustained minor injuries. Crucially, law enforcement found Charlotte concealed in a cabinet within the camper, unharmed but undoubtedly relieved to be rescued.

Ongoing Investigation

As of the latest reports, Craig Nelson Ross, Jr. is under

questioning, and charges are anticipated. Governor Hochul underscored the role of cell phone pings from individuals in the park, the registration data of campers, and the ransom note in aiding authorities in locating Charlotte.

The collective efforts of multiple agencies, the swift response of law enforcement, and the vigilant monitoring of the family's residence culminated in Charlotte's safe return. She has been taken to a hospital for customary checks, although she appeared to be in good health.

Community and Multilateral Response

The disappearance of Charlotte Sena mobilized an extensive search operation, with over 400 people involved, including 34 volunteer fire departments, private groups, and various levels of law enforcement. The search area expanded significantly during the search effort.

Moreau Lake State Park, known for its scenic beauty and spanning over 6,200 acres, had turned into the epicenter of a determined community and multilateral response to bring Charlotte home safely.

This heartwrenching incident highlights both the resilience and commitment of search and rescue teams and the importance of community engagement in moments of crisis. The focus now shifts to the ongoing investigation and ensuring that justice is served in this case.

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Biden Administration to Resume Border Wall Construction Amid Escalating Immigration Challenges

THE Biden administration has announced its intention to construct a new section of the border wall in southern Texas, taking a significant departure from its earlier stance against the controversial border wall project.

This decision comes in response to rising levels of immigration and an alarming surge in illegal border crossings, particularly in Starr County, which shares its border with Mexico. The move has reignited the border wall debate, a signature policy of former President Donald Trump that was met with staunch opposition from Democrats.

A Policy Reversal

During his 2020 presidential campaign, President Joe Biden promised not to build “another foot of wall” if elected, signaling a departure from the previous administration’s hardline immigration policies. However, his administration has now authorized the construction of approximately 20 miles (32km) of border wall in Starr County.

The Escalating Immigration Challenge

The decision to build the new section of wall reflects the administration’s growing concern over the surging numbers of illegal border crossings. Government data reveals that more than 245,000 crossings have occurred this year alone in the Rio Grande Valley area, with September anticipated to set a record. The influx of migrants has placed significant strain on several U.S. cities, prompting concerns about housing and resources.

New York City Mayor Eric Adams, for instance, estimates that the cost of housing over 100,000 new arrivals since last year could soar to \$12 billion over the next three years. In response, Mayor Adams is embarking on a diplo-



matic mission to Mexico, Colombia, and Ecuador to discourage migrants from undertaking perilous journeys to the U.S., emphasizing that New York City is “at capacity.”

Environmental Concerns and Federal Waivers

The decision to resume border wall construction has raised environmental concerns. Several federal laws, including the Clean Air Act and Safe Drinking Water Act, have been waived to expedite the project. Environmentalists argue that these structures will disrupt endangered plants and animals’ habitats.

Laiken Jordahl, a conservation advocate at the Center for Biological Diversity, expressed disappointment, stating that it is disheartening to see the Biden administration circumvent environmental laws to build what they deem as “ineffective wildlife-killing border walls.”

Construction Details and Funding

The new border wall section will consist of large bollards embedded in a concrete

base, complete with gates, cameras, and CCTV equipment, according to a proposal by U.S. Customs and Border Protection. Funding secured during Donald Trump’s presidency will be used for this construction, marking the first instance of the Biden administration approving new wall construction. During the Trump administration, approximately 50 miles of new wall were built, and 400 miles of existing barriers were upgraded.

President Trump’s Response

Former President Donald Trump, in an online post, questioned whether President Biden would apologize “to me and America for taking so long to get moving.” He characterized the decision as President Biden “break[ing] every environmental law in the book” and suggested he was awaiting an apology.

The Biden administration’s shift in policy regarding border wall construction underscores the complexity of immigration challenges and the need for pragmatic solutions to address the ongoing crisis at the U.S.-Mexico border.

Police Raid Uncovers Drone-Bomb Workshop in Castle-Like House in Western Mexico



IN a dramatic operation, authorities in Mexico's western state of Jalisco uncovered a clandestine workshop hidden within a castle-like house, dedicated to the production of drone-carried bombs. The discovery was made during a recent police raid, shedding light on the evolving tactics of criminal elements.

The raid, which took place in the town of Teocaltiche, exposed a startling arsenal of destructive potential. State police revealed photographs of 40 small cylindrical bombs, each equipped with fins designed for release from drones. Alongside these ominous devices, law enforcement discovered a cache of bomb-making materials, comprising approximately 45 pounds (20 kilograms) of metal shrapnel and 15 pounds (7 kilograms) of gunpowder.

The operation unfolded with a dramatic twist when a suspect was observed fleeing into the house but ultimately managed to evade capture by escaping through the rear exit. As of now, no arrests have been made in connection with this disturbing find.

The context in which this raid occurred adds a chilling dimension to the discovery. Teocaltiche and its surrounding areas have been marred by violent clashes between rival drug cartels, notably the Jalisco and Sinaloa cartels. This region has witnessed a spate of brutal turf wars, further



underscoring the heightened security concerns in the area.

The uncovering of this drone-bomb workshop serves as a stark reminder of the ongoing battle against organized crime in Mexico and the innovative techniques employed by criminal groups. The potential use of drones for carrying out acts of violence presents a new challenge for law enforcement agencies, necessitating vigilant efforts to stay ahead of criminal strategies.

As investigations continue into this disconcerting development, authorities are undoubtedly keen to apprehend those responsible for this operation and to dismantle any further threats to public safety. The incident serves as a testament to the relentless efforts required to maintain security in regions marked by criminal activities, where law enforcement remains resolute in their pursuit of justice and safety for all.

Divisional Series Awaits Historic MLB Wild Card Series Sees Four Sweeps

IN an unprecedented turn of events in Major League Baseball (MLB) history, the recently concluded Wild Card Series witnessed a remarkable occurrence – four sweeps in a single playoff round. These series unfolded in a whirlwind, showcasing the unpredictable nature of postseason baseball. Let's delve into the highlights of this action-packed round.

Wild Card Series Highlights

The Wild Card Series began with a thrilling victory for the Minnesota Twins on Tuesday, marking their first playoff win since 2004. They wasted no time securing their first playoff series win since 2002, defeating the Blue Jays in a decisive 2-0 Game 2.

Pitcher Sonny Gray delivered a stellar performance, tossing five scoreless innings for the Twins. The Minnesota staff displayed resilience by escaping crucial situations unscathed. In the fifth inning, with two runners on base and two outs, Gray and Carlos Correa executed a brilliant pickoff move to catch Vladimir Guerrero Jr. In the sixth, with the bases loaded and just one out, Caleb Thielbar induced a double play from Matt Chapman.

All the scoring action took place in the fourth inning, with



Carlos Correa delivering an RBI single, and Willi Castro contributing a run through a double play. Correa and his team now face a formidable opponent in the Astros, marking a reunion with his former club.

In the American League (AL), the Rangers clinched their series against the Rays with a commanding 7-1 victory. Nathan Eovaldi, despite late-season struggles, displayed remarkable form by pitching 6 2/3 innings, allowing only one run while striking out eight without issuing any walks. His career playoff ERA on the road, standing at 2.21, underscored his postseason prowess. The Rangers celebrated their first series win since 2011 and are set to face the Orioles in the next round.

Over in the National League (NL), the Diamondbacks faced an early deficit for the second consecutive game against the Brewers but managed to turn the tide with a 5-2 victory. Zac Gallen, after conceding two runs in the first inning, held his ground for the next five innings. The Diamondbacks' offense, initially stifled by Freddy Peralta, broke through with a run in the fifth inning and an impressive four-run surge in the sixth. Paul Sewald sealed the deal by striking out William Contreras, securing the win. The Diamondbacks are now prepared to take on the formidable Dodgers in their next matchup.

Lastly, the Phillies experienced a relatively drama-free victory, with Aaron Nola pitching seven scoreless innings and Bryson Stott's grand slam in the sixth inning paving the way for a 7-1 triumph over the Marlins. Philadelphia's next challenge awaits against the Braves.

What's Next

With the Wild Card Series concluded, the stage is set for the Divisional Series, scheduled to commence on Saturday. Baseball enthusiasts can look forward to an exciting continuation of the postseason journey. For a comprehensive overview of the updated bracket and schedule, and insights gleaned from the Wild Card Series, stay tuned for the upcoming matchups and developments in MLB's quest for a champion.

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Sage Incense: The Spiritual Elixir of Purification and Tranquility

SAGE incense, crafted from the aromatic sage herb, is more than just a fragrant blend; it is a sacred tool steeped in tradition and revered for its spiritual significance. Used across diverse cultures and spiritual practices, sage incense is renowned for its cleansing and purifying properties. In this article, we delve into the mystical world of sage incense, exploring its origins, applications, and the profound tranquility it brings to those who embrace its smoke.

The Ritual of Cleansing

At the heart of sage incense lies the practice of smudging, a ritualistic art dating back centuries. The essence of smudging is the ceremonial act of burning sage incense to cleanse and purify spaces, objects, or individuals. The wafting smoke, often referred to as “smoke medicine,” is believed to dispel negative or stagnant energies, replacing them with fresh, positive vibrations.

Spiritual and Cultural Significance

Sage incense is deeply woven into the tapestry of various indigenous cultures, most notably among Native American tribes. It plays a pivotal role in their spiritual ceremonies, blessings, and rites of passage. Beyond the indigenous communities, sage incense has found its way into diverse spiritual practices, symbolizing the quest for inner peace and spiritual enlightenment.

Aromatherapy for the Soul

The soothing fragrance of sage incense is not confined to ritualistic practices alone. It is a star in the world of aromatherapy, renowned for its ability to induce relaxation, reduce stress, and create an atmosphere of tranquility. Burning sage incense can turn any space into a sanctuary of calm, inviting individuals to unwind and reconnect with their inner selves.

Meditation and Mindfulness

Sage incense has become a cherished companion in the realm of meditation. As individuals seek serenity and clarity of thought, the gentle aroma of sage incense provides an ambiance conducive to meditation and mindfulness. Its scent becomes a guiding force, leading practitioners towards a state of inner peace and presence.

A Smoke-Free Alternative

While the burning of loose sage leaves bundled into smudge sticks is a common practice, sage incense offers a smoke-free alternative. Available in various forms, including sticks, cones, and resin, sage incense provides convenience without compromising the efficacy of purification and tranquility.



A Variety of Aromas

Sage incense is not confined to a single aroma. It comes in various varieties, each with its unique fragrance profile. White sage, desert sage, and other sage species contribute their distinctive scents to the world of sage incense, allowing individuals to choose the aroma that resonates most with them.

Availability and Reverence

Sage incense is readily available in specialized stores catering to spiritual and holistic needs, as well as through online platforms. As individuals incorporate sage incense into their spiritual journeys, they do so with respect for cultural traditions and the reverence it holds in the spiritual realm.

In conclusion, sage incense stands as a symbol of purification, tranquility, and spiritual connection. As the wisps of fragrant smoke fill the air, it transcends the material world, ushering in a sacred space where the past is cleansed, the present is embraced, and the soul finds solace. It is an elixir that elevates the spirit and invites seekers to explore the depths of their inner selves, one aromatic trail at a time.

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The Power of Expressing Gratitude and Appreciation

IN the intricate tapestry of marriage, one thread stands out with exceptional significance: appreciation. It is a timeless truth that expressing gratitude and appreciation for one's spouse is the cornerstone of a healthy and thriving relationship. In this article, we explore the profound impact of small gestures of kindness and the art of regularly affirming the love and respect that binds two hearts in matrimony.

The Language of Love: Gratitude and Appreciation

Considered the universal language of love, gratitude and appreciation have the power to strengthen the bonds of marriage in profound ways:

1. A Daily Dose of Sunshine:

Gratitude shines like a beacon in the everyday moments of marital life. It transforms ordinary routines into extraordinary experiences. A simple "thank you" for a home-cooked meal, a heartfelt compliment, or an acknowledgment of effort expended carries the warmth of sunshine into the heart of the relationship.

2. Fostering Emotional Connection:

Expressing appreciation is the bridge to emotional intimacy. It forms a sacred connection, reinforcing the notion that spouses truly see and value each other's contributions, no matter how small.



3. A Shield Against Resentment:

Gratitude is the guardian of the heart. It deflects the arrows of resentment and negativity that may creep into even the most harmonious unions. When both partners feel appreciated, bitterness finds no fertile ground.

4. Strengthening Resilience:

In times of trials and tribulations, expressions of gratitude serve as a lifeline. They remind couples of the bedrock of love and support that underpins their relationship, bolstering their resilience against life's challenges.

5. Seeds of Reciprocity:

Appreciation sows the seeds of reciprocity. When one spouse feels valued, they are inspired to reciprocate in kind, creating a beautiful cycle of love and kindness.

6. Fueling the Flame:

Small gestures of kindness and words of appreciation fan the flames of passion. They infuse the marriage with an enduring sense of romance and desire, keeping the love alive and vibrant.

7. Healing and Forgiveness:

Gratitude possesses the power to heal wounds and mend misunderstandings. When spouses express appreciation, it becomes easier to forgive and move forward from conflicts.

8. Longevity of Love:

Appreciation is the elixir of lasting love. It sustains the marriage through the years, ensuring that the flame of affection never wanes.

Conclusion

In the grand symphony of marriage, gratitude and appreciation compose a melody of enduring love and connection. These small but powerful gestures of kindness are the seeds that blossom into the garden of a thriving relationship. By regularly expressing appreciation, couples nurture their bond, ensuring that the flames of love continue to burn brightly through the seasons of life.



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Navigating Life's Challenges:

The Multifaceted Process of Coping

COPING with life's myriad challenges is an intricate journey that involves a multifaceted process, comprising various stages of emotional and psychological response. While there is no universally standardized delineation of these stages, a general framework emerges, illustrating how individuals commonly navigate adversity. This article explores these stages with a focus on the nuanced and often non-linear nature of the coping process.

Stage 1: Shock and Denial

Upon encountering a distressing situation, individuals frequently experience a profound sense of shock and denial. This initial reaction manifests as an instinctive response, wherein the mind grapples with the abrupt shift from normalcy to adversity. Denial, at times, takes the form of a refusal to accept the reality of the situation, serving as a protective mechanism against overwhelming emotions.

Stage 2: Anger and Frustration

As the realization of the challenging circumstances firmly establishes itself, individuals often undergo a phase characterized by anger and frustration. These emotions arise from the perceived injustice or hardship, directed both inwardly and outwardly. This stage serves as an outlet for the pent-up emotions associated with adversity.

Stage 3: Bargaining

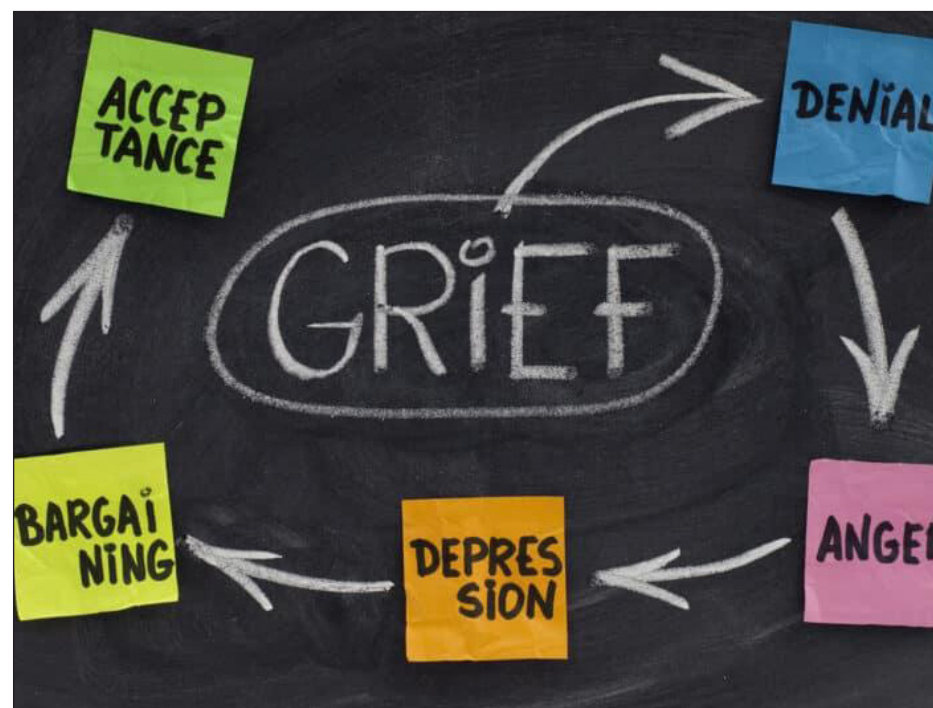
In the quest for control and an escape from adversity, individuals may engage in a phase of bargaining. This entails efforts to negotiate with the situation or seek alternative outcomes, often expressed through prayers or attempts to make deals with fate. It represents a desire to regain a semblance of agency in a trying situation.

Stage 4: Depression and Sadness

Following the initial surge of anger, the journey often leads individuals into a phase of profound sadness and melancholy. This stage is akin to mourning, where individuals grieve the losses, both tangible and emotional, associated with the challenge. It is a critical phase of introspection and coming to terms with the reality of the situation.

Stage 5: Acceptance

Acceptance is a pivotal turning point in the coping process. It is marked by the gradual acknowledgment and integration of the challenge into one's reality. Acceptance signifies a willingness to confront and coexist with the situation, representing a significant step towards emotional healing.



Stage 6: Adaptation and Problem-Solving

With the foundation of acceptance, individuals embark on a journey of adaptation and problem-solving. This phase involves seeking viable strategies to navigate the challenge, actively seeking support, and mobilizing resources to regain control over one's life. It is a testament to human resilience and resourcefulness.

Stage 7: Recovery and Growth

The culmination of the coping process leads to recovery and personal growth. Individuals emerge from the depths of adversity with newfound strength, wisdom, and resilience. They have learned valuable lessons from their experiences and often exhibit a heightened sense of self-awareness and empathy.

Conclusion:

The coping process, though characterized by these stages, is not a linear progression, and individuals may traverse them in varying sequences or revisit them at different junctures. Furthermore, the nature of the challenge and individual circumstances greatly influence the coping journey. Nonetheless, understanding these stages offers valuable insights into the human capacity to confront adversity, adapt, and ultimately thrive in the face of life's trials.



Nature's Love Story

The Enchanted Realm of Roses

IN the realm of roses, where beauty intertwines with fragrance and passion dances with color, a love story unfolds through petals that have adorned hearts for centuries. In this journey through the world of roses, we shall uncover their history, diverse varieties, and the sentiments they convey, all bathed in the soft, romantic glow that only roses can inspire.

A Love Story Etched in Time

Roses, beloved for millennia, have been etching their love story into the annals of history. For over 5,000 years, these enchanting blossoms have been cultivated, their delicate petals embraced by ancient civilizations like tender secrets shared among lovers.

The Romans, in their boundless admiration, fashioned roses into perfumes, decorations, and even a form of poetic currency.

Varieties That Speak of Love

In the world of roses, a tapestry of varieties awaits, each whispering a different chapter of love:

The Elegant Hybrid Tea Rose: A symbol of grace and refinement, it beckons with its timeless beauty, much like the allure of a first love.

The Gentle English Rose: With its soft, delicate petals, it evokes the tender, shy blush of an affectionate heart.

The Wild and Free Climbing Rose: It embodies the untamed spirit of love, scaling walls and reaching for the sky in a testament to passion's endless heights.

A Language of Emotions

Roses, beyond their bewitching appearance, are fluent in the language of emotions:

Red Roses: These scarlet blooms are the very embodiment of love's passionate embrace, igniting flames of desire in their wake.

White Roses: Pure as the purest love, they stand as beacons of innocence and reverence, making them perfect witnesses to sacred unions.

Yellow Roses: They radiate joy and the camaraderie of friendship, casting their golden glow on bonds that warm the heart.

Pink Roses: In shades ranging from blush to bold, they convey admiration, gratitude, and affection, making them poets of admiration and appreciation.

Orange Roses: In the vibrant hues of sunrise, they embody enthusiasm and the fervor of a new beginning, whispering of endless possibilities.



A Tapestry of Cultures

Across the world, roses weave their magic into diverse cultures:

- In ancient Greece and Rome, roses were tokens of love, tying the hearts of mortals to goddesses like Aphrodite and Venus.
- In Islam, the rose symbolizes divine beauty and the paradise that awaits.
- In England's Wars of the Roses, red and white roses united houses and hearts, telling tales of love even amidst strife.
- In the United States, the rose takes its place as the national flower, celebrated every June during • National Rose Month.
- Modern Day Enchantment

In our modern world, roses remain bewitching, their petals adorning gardens, exchanged as tokens of affection, and adorning art, literature, and fashion. The rose industry flourishes, with florists and growers crafting new chapters of love through ever-evolving varieties.

The realm of roses, with its historical legacy, boundless variety, and heartfelt symbolism, is a realm where love takes root, blossoms, and unfurls its petals.

These delicate blooms remind us of love's enduring nature and the magic it weaves with the simplest of gestures. Truly, the world of roses is a sanctuary where love's sweetest whispers echo through time.



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The Fifth Dimension:

The Awakening

IN the realm of New Age spirituality, a profound and transcendent concept beckons us to transcend the confines of our physical reality – the fifth dimension. This ethereal realm stretches far beyond the limits of mere mathematics and scientific thought; it is a higher plane of consciousness, a spiritual evolution, extending an invitation to move beyond the ordinary and embrace the extraordinary.

Awakening to an Elevated State of Awareness

Imagine, for a moment, that our everyday existence resides firmly within the boundaries of the third dimension. It’s a world entrenched in materialism, driven by the relentless pursuit of egoic desires, and incessantly overwhelmed by the cacophony of our modern lives. In striking contrast, the fifth dimension represents a vast and magnificent domain where our consciousness unfurls like a lotus blossom, and the profound journey of self-discovery unfolds before us.

Beyond the Mundane

In the fifth dimension, our perception of reality undergoes a profound shift. It’s a place where the trivial concerns of the physical world give way to a deeper understanding of the interconnectedness of all existence. Here, we begin to realize that our thoughts and intentions possess the power to shape our reality in ways we never deemed possible.

A Deeper Connection

In this higher state of consciousness, we experience a deeper connection with ourselves, others, and the universe. The ego loses its dominance, and we start to view the world through the lens of unity and love rather than separation and fear. This newfound awareness fosters compassion, empathy, and a profound sense of oneness with all living beings.

The Journey Within

The fifth dimension invites us on an inner journey of self-discovery and transformation. It encourages us to explore the uncharted territories of our own psyche, confront our fears, and embrace our true potential. Through practices like meditation, mindfulness, and self-reflection, we can



navigate this inner landscape with grace and courage.

Transcending Time and Space

In this higher realm, the constraints of time and space begin to blur. We recognize that the past, present, and future are interconnected, and our souls have existed beyond the boundaries of our current lifetime. This awareness liberates us from the fear of death, allowing us to embrace life with a sense of eternal purpose.

Becoming Co-Creators

As we delve deeper into the fifth dimension, we realize that we are not merely passive observers of life’s unfolding drama; we are co-creators of our reality. Our thoughts and intentions align with the universal flow of energy, empowering us to manifest our desires and contribute positively to the collective consciousness.

The Fifth Dimension Today

In a world filled with uncertainty and turmoil, the teachings of the fifth dimension offer solace and guidance. They provide a compass to navigate the challenges of our time, encouraging us to choose love over fear, unity over division, and spiritual growth over materialism.

Embracing the fifth dimension means embracing our highest potential as conscious beings. It encourages us to transcend the limitations of our current reality and step into a realm where the possibilities are as boundless as our imagination. In this journey of self-discovery and awakening, we find not only personal transformation but also the keys to co-creating a more harmonious and enlightened world.

Stoicism:

The Ancient Philosophy That Offers Modern Resilience and Wisdom

FOR more than two millennia, Stoicism has provided a profound philosophical framework for leading a life characterized by wisdom, virtue, and inner peace. Originating in ancient Greece, this enduring school of thought continues to serve as an invaluable guide for conquering adversity, achieving emotional resilience, and gaining a profound perspective. In today's tumultuous world, the core principles and practices of Stoicism are experiencing a resurgence of interest and relevance.

Ancient Origins of Stoicism

Stoicism was founded by the philosopher Zeno of Citium in Athens during the early 3rd century BC. It derives its name from the "Stoa Poikile" or "Painted Porch," where Zeno imparted his wisdom to students. Stoicism drew significant influence from classical Greek philosophers such as Socrates and earlier ethical schools like Cynicism, which emphasized ethics and virtue over material wealth and pleasures. Prominent Stoic figures, including Cato The Younger, Seneca, Epictetus, and the Roman emperor Marcus Aurelius, played pivotal roles in popularizing Stoic teachings in Roman society.

Core Principles of Stoicism

At its core, Stoicism underscores the significance of four cardinal virtues: wisdom, justice, courage, and moderation. Stoics firmly believed that stability, perspective, and happiness, known as "eudaimonia," could be attained by living rationally and virtuously while concentrating solely on what lies within one's control. This article delves into Stoicism's history, evolution, and fundamental tenets, offering insights into the practical exercises that Stoics employed to cultivate resilience, emotional regulation, and mental clarity. The study of Stoic philosophy equips us with tangible tools and perspectives that remain highly relevant for navigating life's challenges and uncertainties in the contemporary world.

Relevance in Today's World

Stoicism's ancient wisdom continues to find resonance in the modern era. It has directly influenced the development of cognitive-behavioral therapy, and its impact extends to contemporary thinkers from Adam Smith to Ralph Waldo Emerson. In a world marked by turbulence, Stoicism is experiencing a revival because it equips individuals with powerful tools for nurturing resilience, managing emotions,



and attaining mental clarity.

Stoic texts from antiquity offer timeless wisdom and perspective, empowering individuals to confront life's inevitable adversities and focus their energies solely on what they can control.

Timeless Wisdom for Today

For over two millennia, Stoicism has offered practical principles and tools for surmounting adversity and attaining lasting fulfillment. By embracing rationality, virtue, and focusing exclusively on the controllable, we cultivate inner wisdom and perspective. The study of Stoic philosophy provides us with a framework to find meaning and purpose irrespective of external circumstances.

From its ancient Greek origins to its enduring influence in contemporary society, Stoicism imparts timeless insights into resilience, mindfulness, and what constitutes a well-lived life. In a chaotic world, Stoic practices empower us with clarity, control, and the capacity to triumph over events beyond our control. By internalizing its teachings, we prepare ourselves to navigate life's turbulence with virtue, wisdom, and unshakable equanimity. Stoicism's relevance endures as a guide to lead a more purposeful and tranquil life in today's world.

Record-Breaking September Heat Sets 2023 on Course for Hottest Year Ever



UNPRECEDENTED heat continues to grip the Northern Hemisphere, defying the onset of fall. Newly released data from the European Union's Copernicus Climate Change Service reveals that September 2023 was the hottest September on record, marking the fourth consecutive month of this extraordinary heatwave. This trend places 2023 on a trajectory to become the hottest year in recorded history, surpassing all previous records.

A September Unlike Any Other

September shattered all expectations by surpassing the previous record set in 2020 by a staggering 0.5 degrees Celsius. This extreme deviation from normal temperatures was described by Samantha Burgess, deputy director of Copernicus, as "unprecedented" since records began in 1940. The global average air temperature for September reached 16.38 degrees Celsius (61.45 Fahrenheit), surpassing the 1991 to 2020 average by 0.93 degrees Celsius and the pre-industrial era's September average by 1.75 degrees Celsius.

A Harbinger of Climate Consequences

September's scorching temperatures exceeded the critical 1.5 degrees Celsius threshold outlined in the Paris Climate Agreement, which aims to limit global warming. While the agreement primarily focuses on long-term average temperatures, September's abnormal heat offers a glimpse of the intensified extreme weather events that await the world as temperatures continue to rise.

Impacts of the Unprecedented Heat

The ramifications of this abnormal heatwave were felt worldwide. In September alone, devastating floods claimed lives in Libya and affected several European countries, including



Greece, Bulgaria, and Turkey. Canada grappled with an unparalleled wildfire season, South America endured record-breaking heat, and New York faced historic rainfall.

Ocean temperatures also surged, reaching record levels for September, while Antarctic sea ice declined to unprecedented lows for this time of year.

An Astonishing Reality

Zeke Hausfather, a climate scientist, aptly summarized the situation by calling it "absolutely gobsmackingly bananas." The extreme heat shows no signs of relenting even into October, with several European nations breaking their all-time October temperature records.

The likelihood of 2023 becoming the hottest year on record now exceeds 93%, according to the U.S. National Oceanic and Atmospheric Administration.

Human Influence on the Climate Crisis

The warming effect of El Niño, coupled with the long-term impact of human-caused climate change, has fueled these record-breaking temperatures. Friederike Otto, a climate scientist, emphasized that "temperature records continue to be broken because we have not stopped burning fossil fuels."

The Urgent Call for Action

The alarming margin by which heat records are being shattered serves as a stark reminder of the urgency in addressing the climate crisis. As nations prepare for the United Nations COP28 climate summit in Dubai this December, the imperative to phase out fossil fuels and take bold action to combat climate change has never been clearer. The September heatwave should serve as a resounding wake-up call for policymakers and negotiators worldwide.

The Insidious Biological Impact of Chronic Stress



IN the annals of public health, stress has emerged as a formidable adversary, concealing its detrimental potential beneath a veneer of everyday existence. Often referred to as the “Silent Killer,” stress harbors the insidious capacity to exact significant biological damage. This article delves into the profound physiological repercussions of chronic stress, revealing the intricate ways in which it corrodes the human body.

The Neuroendocrine Cascade

Chronic stress triggers a complex neuroendocrine cascade, primarily involving the hypothalamic-pituitary-adrenal (HPA) axis. Under the persistent pressure of stress, the hypothalamus secretes corticotropin-releasing hormone (CRH), setting in motion a series of events that culminate in the release of cortisol, the body’s primary stress hormone. Elevated cortisol levels have been linked to a litany of adverse health outcomes, including impaired immune function, weight gain, and an increased risk of hypertension.

Cardiovascular Consequences

Stress-induced hypertension, or high blood pressure, stands as a significant cardiovascular risk factor. The perpetual release of stress hormones narrows blood vessels and contributes to the buildup of arterial plaque, escalating the likelihood of heart disease. Furthermore, stress may promote irregular heart rhythms and increase the propensity for blood clot formation, culminating in dire cardiac events.

Immunological Erosion

The immune system, crucial for safeguarding the body against infections and diseases, is not spared from the ravages of chronic stress. Heightened cortisol levels impede the immune response, diminishing the body’s ability to fend

off pathogens. This susceptibility to illness can manifest in more frequent infections and slower recovery times.

Psychological Toll

Beyond its physiological repercussions, chronic stress exerts a psychological toll that, in turn, affects biology. Stress is closely interlinked with mental health disorders such as anxiety and depression, and the relationship is bidirectional. Psychological distress can exacerbate biological responses, further intensifying the stress-induced damage to the body.

Gastrointestinal Implications

The gastrointestinal tract, often regarded as the “second brain” due to its intricate neural network, is vulnerable to the effects of stress. Chronic stress can lead to gastrointestinal disorders such as irritable bowel syndrome (IBS) and exacerbate symptoms in individuals already afflicted by such conditions. Digestive issues, often stemming from stress-induced changes in gut bacteria and motility, can escalate, adversely affecting overall health.

Conclusion

The notion of stress as the “Silent Killer” transcends mere metaphor. Its biological consequences, stemming from the intricate interplay of hormones, neurotransmitters, and physiological systems, underscore its perilous nature. Heightened awareness of the profound impact of chronic stress on the body is imperative, as is the adoption of proactive measures for stress management.

By mitigating stressors, practicing mindfulness, and seeking support when necessary, individuals can embark on a journey toward enhanced well-being, effectively countering the hidden biological menace that stress represents.

Comprehensive Insights into Thyroid Disorders

THE thyroid gland, an unassuming butterfly-shaped organ nestled in the neck, wields immense influence over our health. It orchestrates the intricate ballet of metabolic processes that maintain equilibrium within the human body. This formal article delves into the realm of thyroid sickness, encompassing various medical conditions that disrupt the thyroid's harmonious function.

Hypothyroidism: The Subdued Thyroid Function

Hypothyroidism, a prevalent thyroid disorder, manifests when the thyroid gland falters in producing an adequate quantity of thyroid hormones. The clinical tableau of hypothyroidism is marked by debilitating symptoms, including persistent fatigue, unexplained weight gain, sensitivity to cold, and emotional disturbances. Timely diagnosis and hormone replacement therapy are pivotal in restoring balance to the body's metabolic rate.

Hyperthyroidism: The Thyroid in Overdrive

In stark contrast, hyperthyroidism ensues when the thyroid gland operates in overdrive, secreting excessive thyroid hormones. This condition ushers in a realm of heightened metabolic activity, characterized by unexplained weight loss, palpitations, anxiety, heat intolerance, and an agitated state. Antithyroid medications, radioactive iodine therapy, or surgery are often prescribed to quell this excessive thyroid activity.

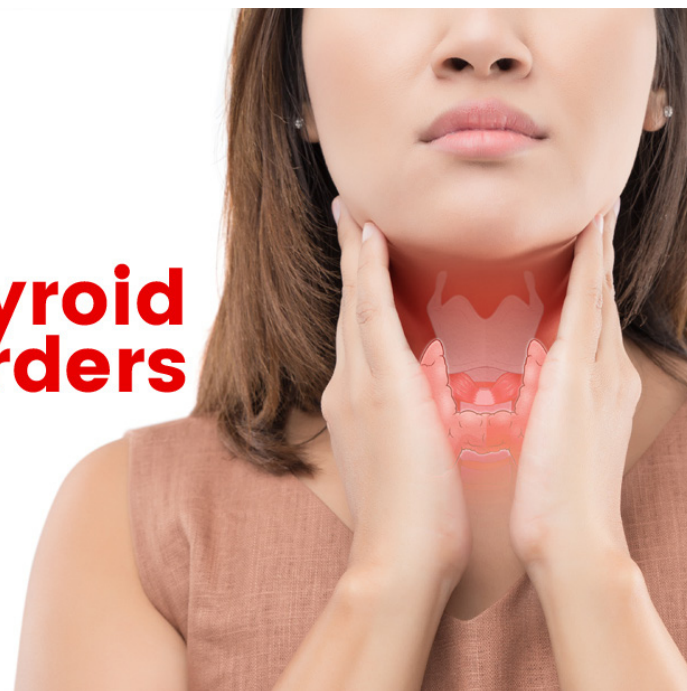
Thyroiditis: The Inflammatory Complexities

Thyroiditis, a condition marked by the inflammation of the thyroid gland, is a multifaceted entity. It may be triggered by infections, autoimmune disorders, or other etiological factors. Thyroiditis may initiate as transient hyperthyroidism, subsequently evolving into hypothyroidism. Understanding the underlying cause is crucial in crafting tailored treatment strategies.

Goiter and Thyroid Nodules: Anatomical Anomalies

Goiter, a visible enlargement of the thyroid gland, may arise due to a variety of causes, including iodine deficiency or autoimmune responses. Similarly, thyroid nodules, discrete growths within the thyroid tissue, demand scrutiny. While most nodules prove benign, a fraction may harbor malignancy, necessitating diligent assessment and, in some cases, surgical intervention.

Thyroid Disorders



Thyroid Cancer: The Malignant Intrusion

Thyroid cancer, albeit rare in comparison to other malignancies, assumes a significant position in thyroid pathology. It often originates as a thyroid nodule, necessitating careful evaluation. Early diagnosis followed by surgical removal, radioactive iodine therapy, or external radiation can yield favorable outcomes.

Autoimmune Assault: Hashimoto's and Graves' Diseases

Autoimmune disorders, such as Hashimoto's thyroiditis and Graves' disease, disrupt thyroid function through distinct mechanisms. Hashimoto's involves an immune-mediated attack on the thyroid gland, leading to hypothyroidism. In contrast, Graves' disease triggers uncontrolled thyroid hormone production, inducing hyperthyroidism. Targeted immunosuppressive therapy and antithyroid medications are principal modalities for managing these conditions.

Conclusion

Thyroid disorders, while diverse in nature, share the potential to disrupt fundamental bodily processes. Their subtle onset and nuanced manifestations necessitate vigilant clinical observation. A proactive approach to diagnosis, followed by tailored therapeutic interventions, ensures the thyroid's pivotal role in health maintenance. Acknowledging the intricate interplay of thyroid function within the broader spectrum of human physiology underscores the imperative nature of our ongoing exploration and understanding of thyroid sickness.

Male Breast Cancer: An Uncommon Yet Significant Medical Concern

BREAST cancer is often perceived as a predominantly female affliction; however, it is imperative to recognize that it can also affect men, albeit at a significantly lower incidence rate. In this formal article, we delve into the realm of male breast cancer, shedding light on its rarity, risk factors, diagnostic procedures, treatment modalities, prognosis, and the importance of awareness and support.

Incidence and Rarity

Male breast cancer, while comprising less than 1% of all breast cancer cases, is not an inconsequential matter. With an approximate lifetime risk of 1 in 833, it is a condition that necessitates vigilance despite its relative infrequency. The majority of cases occur in men over the age of 60, underlining the importance of age-related considerations in screening and diagnosis.

Risk Factors

Understanding the risk factors associated with male breast cancer is pivotal. These factors include a family history of breast cancer, inherited genetic mutations such as BRCA1 and BRCA2, exposure to ionizing radiation, and certain medical conditions, including Klinefelter syndrome. Elevated estrogen levels, often associated with obesity, liver disease, and hormonal treatments, can also contribute to increased risk.

Clinical Presentation and Diagnosis

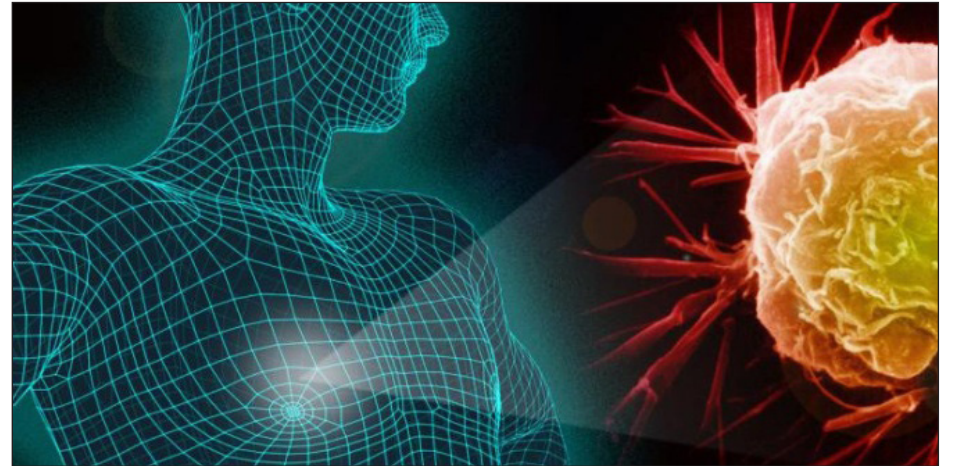
Male breast cancer shares many clinical features with its female counterpart. These include the presence of a palpable lump or swelling in the breast tissue, alterations in nipple appearance, nipple discharge, and skin changes such as dimpling or redness. A conclusive diagnosis is established through a combination of physical examination, imaging techniques such as mammography and ultrasound, and a biopsy to confirm the malignant nature of the cells.

Treatment Modalities

Once diagnosed, the treatment of male breast cancer closely mirrors that of female breast cancer. Surgical interventions, including mastectomy or lumpectomy, remain primary treatment options. Complementary therapeutic approaches may encompass radiation therapy, chemotherapy, hormone therapy, and targeted therapy, with the choice of treatment contingent on the cancer's stage, characteristics, and the patient's overall health.

Prognosis

The prognosis for male breast cancer hinges upon the time-



liness of diagnosis and the extent of the disease. Early detection and intervention are pivotal for achieving favorable outcomes. A multidisciplinary approach to treatment, combined with diligent follow-up care, can significantly improve survival rates.

Psychosocial Considerations and Support

Men grappling with a breast cancer diagnosis often encounter unique emotional and psychological challenges. Given the rarity of the condition in males, feelings of isolation and uncertainty can be amplified. Support groups, counseling, and the provision of empathetic care can play a crucial role in helping individuals cope with the diagnosis, treatment, and recovery.

Conclusion

Male breast cancer, though a rare occurrence, necessitates heightened awareness and vigilance. It serves as a poignant reminder that health concerns are not bound by gender. By understanding the risk factors, symptoms, and available treatment options, as well as fostering a supportive environment, we can empower men to confront this condition with resilience and hope.

Early detection, coupled with comprehensive care, remains the cornerstone of combating male breast cancer and improving patient outcomes.

Sailing Beyond Hobby: A Lifestyle and Passion

FOR many, sailing is more than just a pastime—it's a lifestyle, a profound passion that transcends the realms of mere leisure activity. Beyond the joys of navigating the open waters, sailing offers adventure, community, self-sufficiency, cultural enrichment, and a deep connection to the natural world. In this article, we delve into the multifaceted facets of sailing that elevate it from a simple hobby to a way of life.

Exploration and Adventure

Sailing isn't confined to coastal cruises; it's a gateway to exploration. Sailors have the world at their fingertips, venturing to remote islands, coastal towns, and exotic destinations. It's an avenue for adventure and discovery that goes beyond typical recreational pursuits. The open sea beckons, promising uncharted territories and breathtaking vistas.

Nature's Embrace

Sailing instills a profound connection to nature. It immerses individuals in the elements, where wind patterns, tides, and the ever-changing marine environment become intimate companions. Sailors develop a deep-rooted appreciation for the beauty and unpredictability of nature, fostering a sense of stewardship for our fragile planet.

Community and Companionship

Sailors often find themselves part of a close-knit community—a network of like-minded enthusiasts who share a fervent love for the sport. These connections extend beyond the marina, as sailing friends become family. The camaraderie that accompanies a life on the water is a hallmark of this lifestyle.

Independence and Self-Reliance

Sailing cultivates self-reliance. It teaches individuals to navigate, manage their vessels, and adapt to the capricious whims of the sea. In the process, sailors acquire invaluable life skills and a sense of independence that serves them well both on and off the water.

Cultural Enrichment

Sailing is a passport to cultural enrichment. It takes sailors to diverse regions and exposes them to a world of languages, customs, and traditions. The immersive experience of mingling with local populations leaves an indelible mark and broadens horizons.

Profession and Livelihood

For some, sailing evolves from a mere hobby into a profession. It opens doors to careers as yacht captains, sailing



instructors, marine industry professionals, and intrepid circumnavigators. It becomes a livelihood intertwined with passion.

Environmental Stewardship

Sailing often transforms individuals into ardent advocates for marine conservation and environmental sustainability. Those who tread the oceans are acutely aware of human impacts on marine ecosystems, and they become passionate stewards, championing the preservation of these vital habitats.

Personal Growth and Resilience

Sailing shapes character. It fosters discipline, patience, adaptability, and resilience, nurturing personal growth. The mental and physical challenges encountered on the water sculpt individuals into more resilient, resourceful, and confident human beings.

Family Bonds

Sailing can be a family affair, a means of strengthening bonds and creating lasting memories. Families who live aboard sailboats experience a unique upbringing, where children learn life's essential lessons while surrounded by the boundless beauty of the sea.

Escape from Routine

Sailing offers a much-needed escape from the rigors of modern life. It provides respite from routine, a chance to disconnect from the relentless pace of the world, and an opportunity to find solace on the open water.

In summation, sailing is not merely a hobby—it's a profound passion that infiltrates every aspect of life. It embodies adventure, community, environmental consciousness, and personal growth. It is a way of life, an eternal connection to the sea, and a testament to the enduring allure of the ocean's call.



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